

**Frisco Allergy and Asthma Center (FAAC)
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Time Commitment for Allergy Shots

There are two primary approaches for allergy shots: a Standard desensitization or RUSH desensitization protocols. Both procedures involve incrementally increasing concentrations and doses of your allergy shots up to a recommended maintenance dose. The improvement in allergy symptoms is generally noticed once the effective maintenance dose has been achieved and continues to improve to a maximal benefit between 12 and 18 months once on your maintenance allergy shot dose. The difference in the two protocols lies in how aggressively the doses are increased.

Standard Allergen Immunotherapy

You would be expected to receive allergy shots once or twice weekly for 4-6 months before achieving your target maintenance dose. Once weekly maintenance injections appear to be well-tolerated, the frequency of injections will be gradually decreased to every four weeks. While you may be noticing improvement in your symptoms at that point, current research suggests that maintenance allergy shots should be given for 3-5 years for a more long-lasting benefit to remain after discontinuation of allergy shots.

RUSH Allergen Immunotherapy

The RUSH protocol involves a one day procedure at the start of allergy shots where a series of injections are given for the purpose of faster advance toward the target maintenance dose. Due to the greater allergen doses given at the start, you must first be cleared to make sure your general health is fine (and are not having present asthma symptoms). You would be prescribed a short-term medication regimen designed to minimize the reactivity of your immune system and decrease the likelihood of an adverse allergy shot reaction. While there is a greater incidence of an allergy shot reaction with a RUSH procedure, most patients do tolerate the procedure uneventfully. Following the RUSH build-up, you would still require additional build-up doses to get to your maintenance dose, and these remaining build-up doses and maintenance doses would proceed for years according to the Standard protocol. In short, roughly 3 months of once or twice weekly allergy shot visits are bypassed with the RUSH procedure.

Allergy Shots in the Office

Since any allergy shot can induce an allergic, and even a fatal reaction, allergy shots must be administered in the physician's office. Most allergy shot reactions are "immediate" in nature with symptom onset within the first 30 minutes following an allergy shot. All patients will be required to wait 30 minutes in the office for observation for any allergic reaction following their allergy shots.

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