

1. Using dry hands, carefully remove the foil from back of tablet holder. Take one tablet from the blister package.
2. Immediately place the tablet under the tongue. Allow it to remain there until completely dissolved and then do not swallow for at least one minute.
3. Wash your hands after taking the tablet.
4. Do not take allergy tablet with food or beverage. Wait at least five minutes after taking tablet before consuming any food or beverage.
5. If you have a reaction greater than a minor local reaction, stop using your tablets and call our office. Symptoms of minor local reactions can include: itching or swelling of the mouth or tongue, upset stomach, or nausea. These reactions do not require a call to our office. Typically, these symptoms improve over the first two to four weeks of continued treatment. If these symptoms occur, we recommend that you take an antihistamine, such as Claritin, Zyrtec, or Allegra, either before taking your allergy tablet or at least 5 minutes after taking your allergy tablet.
6. Minor local reactions are different from "systemic" reactions. Symptoms of systemic reactions may include cough, wheeze, shortness of breath, chest tightness, difficulty swallowing, hives, uterine cramping, or itching in your palms. If any of these symptoms occurs, follow your written Anaphylaxis Action Plan. You will be prescribed self-injectable epinephrine (EpiPen/Auvi-Q) and your Anaphylaxis Action Plan will include instructions for its use. If you experience systemic reaction symptoms, please seek immediate care, discontinue therapy, and call our office for further instructions.
7. Please do not hesitate to call our office if you have any questions or concerns: (616) 949-4840.