Allergy Injection Information for New Patients

Because of the potential risk of life-threatening reactions, the following procedure is to be followed by all patients utilizing this service:

1. Bring your allergists name & phone number to Health Service. We will fax them an informational letter explaining our availability & limitations in administering allergy injections. We will need their signature before proceeding.

2. Have the serum and detailed instructions (orders from your physician) sent or brought to the on-campus Student Health Service. We must have a signature from your physician before administering injection. This serum will be kept refrigerated.

3. After obtaining signed orders from your allergist schedule an appointment with a Health Service provider to review orders before initiating injections.

4. YOU are responsible for ordering and purchasing your supply of allergy serum.

5. YOU are responsible for maintaining your injection schedule so that all injections are received on time. If you are late repeatedly, you will be informed that Health Service personnel will not administer further injections. You will be advised to find an alternative health care facility for your injections.

6. Inform medical personnel if you have started on any new medication.

7. Avoid strenuous exercise 1 hour before AND 1 hour after injections.

8. **You must remain in Health Service facility for 30 minutes** following the injections and have the injection site(s) checked by Health Service medical personnel before leaving. (This is to check for a reaction.)

9. You are to become familiar with how to recognize a reaction to the allergy serum. Onset of reaction usually occurs within 10-60 minutes after an allergy injection is given, but can be delayed several hours. If a reaction occurs while in the clinic find a Health Service staff member immediately. Reactions may include:
   a. **Localized Skin Reaction** – may consist of redness, itching and/or swelling at site of injection
   b. **Systemic or Generalized Reaction** – report any distress IMMEDIATELY. Symptoms may include, but not limited to, hives, tightness in chest, coughing, wheezing, excessive sneezing, itching, extreme redness in face and/or eyes, nausea, dizziness, headache, or fainting

If a serious systemic reaction occurs after leaving Health Service, return immediately or call 911.

If you have questions whether treatment is necessary, call us at 507-933-7630.

If Health Service is closed, call the local hospital emergency room at 507-934-7304.

Allergy injections are given by appointment only.

Arrangements will have to be made by you to receive your injection elsewhere during breaks, if you will not be on campus. Health Service hours may differ during breaks, so plan ahead.

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If you are unable to receive your allergen immunotherapy injections at Health Service below are the names and contact information for other resources in the St. Peter community.

Mankato Clinic – Daniels Health Center
1901 N. Old Minnesota Ave
St. Peter, MN 56082
507-934-2325

Mayo Health System – St. Peter Clinic
1900 N. Sunrise Dr.
St. Peter, MN 56082
507-931-2110

River’s Edge Clinic
1900 N. Sunrise Dr.
St. Peter, MN 56082
507-931-2200