



Sublingual Immunotherapy FAQ's

What is SLIT (sublingual immunotherapy)?

It is a method of treating allergies by placing a mixture of up to 10 antigens for which you tested positive under the tongue once daily. This desensitizes or "re-educates" the body's immune system so that it does not overreact to allergens in your environment such as pollens, molds, dust mites, and animal dander.

How do I take the drops?

Look in the mirror and place the drops under your tongue. Lower tongue and set your timer for 2 minutes. Then swallow the drops. Please do not eat or drink anything for 5 minutes after your dose.

Does it need to be refrigerated?

No. You may keep the vial near your toothbrush to remind you to take the drops daily. But because it is preserved in glycerin you do not have to store the drops in the refrigerator.

How does it taste?

The drops have a slightly sweet taste due to the glycerin content.

What if I forget a dose?

The best relief for your allergies will be experienced if you are taking the treatment each and every day. With that being said, if you forget a day or two you may just resume your dose. Please do not try to catch up on missed doses. This is not necessary and could cause a severe allergic reaction. If you miss more than a week please contact the clinic for advice on dose adjustment.

When should I not take my drops?

Please skip your daily dose if you have a fever, wheezing, or if you have any open sores in your mouth. Do not dose on days you have dental procedures.

What are some common side effects?

You may experience some itching of your mouth or tongue. Usually this will go away on its own or you may want to take an antihistamine.

How long will a treatment vial last?

Your vial will last 7 weeks. You should make a note on your calendar to reorder 6 weeks after you start your vial.

How do I order a new vial?

You may order a new vial by calling 503 485-2577. This is our direct number to the Allergy Center. Please be prepared to give your credit card number to pay over the phone, or you may pay by check by visiting our front desk. Due to the cost involved in preparing the vial, it must be paid for at the time of ordering. We will then mix your vial and call you when it is ready to pick up. Usually this takes 2 days.

Is it safe to continue taking these drops if I become pregnant?

Yes. You may continue taking sublingual drops if you become pregnant, but you should not begin immunotherapy during pregnancy.

When will I see improvement in my symptoms?

Just like allergy shots, it may take 3-6 months to see symptom improvement. You should continue taking your allergy medications during this time. Over time you should be able to reduce or discontinue your allergy medications.