

Which kind of allergy treatment is best for me?

	ALLERGY DROPS	ALLERGY SHOTS	TRADITIONAL MEDICATION
How do I take them?	Drops under the tongue	Shots in the arm	By mouth, nasal spray, inhaler or nebulizer
What are the possible adverse reactions?	Rare reactions include itching/tingling in mouth, temporary worsening of allergy symptoms. Extremely rare reactions include illness or anaphylaxis (life-threatening allergic response).	Common reactions include swelling, redness, tenderness and/or itching at the injection site. Rare reactions include worsening of allergic symptoms, wheezing, hives, anaphylaxis (very low blood pressure, swelling and difficulty breathing).	Rare reactions include nose bleeds, weight gain, drowsiness, restlessness, moodiness, inattention, dry mouth, increased risk of infection, dizziness, nausea and vomiting.
How often do I need to visit the office?	Once every 3 months	1-2 times every week	3-6 months for medication refills, acute flare ups and other reactions.
Is allergy testing required?	Yes	Yes	Recommended
How long does the treatment take?	3-5 years or more. It takes 10 days to get to effective maintenance dose.	3-5 years or more. It takes 9 months to get to effective maintenance dose if you get weekly shots (4.5 months with shots twice weekly).	Life-long
How long does it take to get the treatment?	2 minutes daily (in the comfort of your home)	Variable (travel time, waiting room, 30 minute wait after each shot).	1-30 minutes daily, depending on quantity and type of medications
How often do I have to have the treatment?	Place drops under the tongue for 2 minutes, daily.	Once or twice a week during escalation, then with decreasing frequency in subsequent years.	Daily single or multiple doses of each medication at home.
Is it appropriate for infants or young children (less than 6 years old), or patients with severe asthma, high sensitivity?	Yes	Not usually, but some exceptions do exist.	Yes
Is the treatment FDA approved?	Allergy drop antigens are FDA approved. However, taking them under the tongue is off-label, which means it is not covered by insurance and patients pay cash for the treatment.	Both allergy shot serums and injections are FDA approved and most often covered by insurance. Call your company for your specific benefits.	Yes
Is the treatment effective?	Yes.	Yes	50% of patients are dissatisfied
Do most insurances cover allergy testing for this specific treatment?	Yes, but be sure to call your insurance company for your specific benefits. The code for allergy testing is 95018.	Yes, but be sure to call your insurance company for your specific benefits. The code for allergy testing is 95018.	Yes, but most patients are not tested before medications are prescribed.
Do most insurance cover the serum for this specific treatment?	No, but patients find the convenience of allergy drops to be worth paying a low out-of-pocket cost.	Usually yes, but be sure to call your insurance company for your specific benefits.	Yes, for most treatments and medications. Your co-pays vary by tiers in your insurance plan.
How much does it cost?	3 month vial set cost: \$300 or \$1,200/year	Estimated cost: \$1,100 to \$2,300/year*	Estimated cost up to \$2,500/year*
Repeated test during treatment	Rarely, except of having atypical reactions	Rarely, except of having atypical reactions	Rarely

*This is only an estimate as co-pays for office visits by insurance plans. You may be subject to deductibles for medical care, prescriptions, and your insurance year out-of-pocket max.