

DALLAS ALLERGY & ASTHMA CENTER

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Consent for Administration of RUSH Immunotherapy

What is RUSH Immunotherapy?

RUSH immunotherapy is a form of allergy shots for your allergy symptoms in which you will receive increasing doses of a mixture of the allergens to which you are allergic over the course of one day in an effort to make you less allergic to them, therefore treating your allergy symptoms. Immunotherapy is the medical term for allergy shots. For a further description of immunotherapy, you may refer to the "Consent for Administration of Conventional Immunotherapy" you have received and signed.

What is involved in RUSH?

One day prior to beginning RUSH, you will begin taking some medicines that have been shown to decrease the number and severity of allergic reactions that can occur during a RUSH procedure. These medications include an oral steroid (Prednisone), which may be effective in preventing delayed reactions to immunotherapy; two antihistamines (Zyrtec and Zantac) which block the actions of histamine in the body; and an anti-leukotriene medicine (Singulair), which blocks the actions of one of the substances produced during an allergic reaction.

On the day of your RUSH, if you have detected any symptoms that would prevent you from undergoing RUSH, you should alert one of our staff members and your doctor may see you. You should plan on being at the clinic most of the day (8:30-2:30) on the day of your RUSH procedure.

During the actual RUSH procedure, you will receive a series of injections of a mixture of allergens to which you are allergic ("allergy shots"). The contents of your allergy shot(s) are specifically designed according to your specific allergic sensitivity, and you may receive shot(s) from one or two vials of different allergens. During RUSH, you will receive 1-2 allergy shots every 30 minutes, and you will receive as many as seven (or 14, if you receive two different injections) shots in all. After the final injection(s), you will be observed in our clinic for approximately 2 hours to make sure no delayed allergic reactions occur.

After your RUSH, you will continue to receive allergy shots weekly, until you reach the maintenance dose, or the concentration of allergens in your allergy shot(s) that will be more effective in treating your allergies. Once you reach your maintenance dose, the duration between your shot(s) will be increased and generally you will end up receiving your allergy shot(s) once every 4 weeks. You will be given a protocol sheet that you may refer to for the usual shot schedule. The usual duration of allergy shots is 3-5 years.

What side effects might I experience during RUSH?

All forms of allergen immunotherapy may result in allergic side effects. As you will be receiving an injection of a mixture of substances you are allergic to, there is a chance you will have an allergic reaction. The most common reactions include swelling and itching at the site of your injection, along with flushing and itching. Some patients experience worsening runny nose, itchy and watery eyes, and nasal congestion. Patients with asthma may experience worsening of their asthma symptoms. Severe allergic reactions, or anaphylaxis, have rarely occurred, and symptoms that occur with anaphylaxis include hives, low blood pressure, diarrhea and respiratory symptoms such as wheezing, which in rare cases may result in death. For a further description of reactions that may occur during RUSH, or with allergy shots in general, you should refer to the "Consent for Administration of Conventional Immunotherapy" you have received and signed.

How is RUSH different than conventional immunotherapy?

In conventional immunotherapy, allergy shots are given once a week until a patient's maintenance dose is achieved. In general, this is accomplished in 6-9 months, as opposed to the 9 weeks it may take a patient to achieve their maintenance dose when RUSH is performed.

What are the potential risks of RUSH when compared with conventional immunotherapy?

The potential risk with RUSH when compared with conventional immunotherapy is an increased occurrence of reactions to your allergy shot. In studies of the reaction rates experienced during RUSH, investigators have found a reaction rate of approximately 20%, whereas overall reaction rates with traditional immunotherapy are estimated at 1%. The reactions patients experience are represented by, but not limited to, those described above. Additionally, patients in our clinic who have undergone RUSH immunotherapy have a 2% systemic reaction rate to their subsequent allergy shots, compared to less than 1% with conventional allergy shots.

What are the potential benefits of RUSH immunotherapy when compared with conventional immunotherapy?

There are several potential benefits of RUSH over conventional immunotherapy. RUSH usually allows you to achieve your maintenance dose more rapidly. This may allow you to begin experiencing the benefits of allergen immunotherapy sooner. Your time commitment may be decreased, as RUSH requires fewer visits to our office. Additionally, you may receive fewer injections than you would receive with conventional immunotherapy. This may make immunotherapy more convenient for you and may reduce your costs.

Both forms of immunotherapy may be successful in treating the symptoms of allergic rhinitis and you should choose the method with which you are most comfortable.

CONSENT FOR ADMINISTRATION OF RUSH IMMUNOTHERAPY
AUTHORIZATION FOR TREATMENT

I have read the information in this consent form and understand it. The opportunity has been provided to me to ask questions regarding the potential risk of RUSH immunotherapy and these questions have been answered to my satisfaction. I understand the increased risk of RUSH immunotherapy when compared with the risk of conventional immunotherapy, as discussed in the *Consent for Administration of Conventional Immunotherapy*, which I have also received, read, and understand. The information contained in the *Consent for Administration of RUSH Immunotherapy* is a supplement to that received in the *Consent for Administration of Conventional Immunotherapy*.

Printed name of immunotherapy patient

Medical Record Number

Patient signature (or legal guardian)

Date Signed

For office use only:

I certify that I have counseled this patient and/or authorized legal guardian concerning the information in this consent for RUSH immunotherapy and it appears to me that the signee understands the nature, risks, and benefits of the proposed treatment plan.

Physician signature

Date signed