



## **HYMENOPTERA Instructions for Patients**

1 x a week for 10 weeks then this is spaced out at weekly intervals then eventually once a month

*Allow 45 minutes to an hour for the 1<sup>st</sup> 3 weeks*

\*A total of 9 injections each week\*

*Allow 30 to 45 minutes for weeks 4-8*

\*A total of 6 injections each week\*

*After that you wait 15 minutes after each injection*

\*A total of 3 injection for the remainder of the treatment\*



**\*\*If sick or have a fever DON'T come in for injection\*\***

**Normal reaction is redness, some swelling, and it may hurt at the site.**

**You may use Hydrocortisone cream and/or ice**

**IF ANYTHING SEEMS EXCESSIVE YOU SHOULD CONTACT OUR OFFICE AT 443-987-6998**

**Bee Injections:** We suggest that you reach out to your insurance company and give the following information to see what your responsibility may be for copays, coinsurance or deductible.

**CPT Codes 95145 -1 injection      95147 -3 injections  
95146-2 injection      95148- 4 injections  
95149 - 5 injections**

**95115 - 1 injection    95117- 2 or more injections**

**DOSING SCHEDULE – for each injection**

X	INTERVAL	CONC	DOSE
	Weekly 3 SHOTS 1 INJ Q 15 MINS	0.01	0.1
		0.1	0.1
		1.0	0.1
	Weekly 3 SHOTS 1 INJ Q 15 MINS	1.0	0.1
		1.0	0.5
		10	0.1
	Weekly 3 SHOTS 1 INJ Q 15 MINS	10	0.1
		10	0.5
		10	1.0
	Weekly 2 SHOTS 1 INJ Q 15 MIN	100	0.1
		100	0.2
	Weekly 2 SHOTS 1 INJ Q 15 MIN	100	0.2
		100	0.3
	Weekly 2 SHOTS 1 INJ Q 15 MIN	100	0.3
		100	0.3
	Weekly 2 SHOTS 1 INJ Q 15 MIN	100	0.4
		100	0.4
	Weekly 2 SHOTS 1 INJ Q 15 MIN	100	0.5
		100	0.5
	Weekly	100	1.0
	Weekly	100	1.0
	Alternate Week	100	1.0
	Q 3 week	100	1.0
	MONTHLY	100	1.0

07/24/2024

### Oral allergy syndrome – pollens and cross-reacting foods

Season	Spring	Summer	Late Summer-Fall	Fall
Pollen implicated in the oral cross-reactivity reactions with foods	Birch	Timothy and orchard grass	Ragweed	Mugwort
<b>Fruit</b>				
<i>Pitted fruit</i>				
Apple	X			
Apricot	X			
Cherry	X			
Peach	X	X		
Pear	X			
Plum	X			
<i>Melons</i>				
Cantaloupe			X	
Honeydew			X	
Watermelon		X	X	
<i>Other</i>				
Banana			X	
Kiwi	X			
Orange		X		
Tomato		X		
<b>Vegetables</b>				
Bell pepper				X
Broccoli				X
Cabbage				X
Carrot	X			
Cauliflower				X
Celery	X			
Chard				X
Cucumber			X	
Garlic				X
Onion				X
Parsley	X			X
White potato		X	X	
Zucchini			X	
<b>Spices</b>				
Aniseed				X
Caraway				X
Coriander				X
Fennel				X
Black pepper				X
<b>Legumes*</b>				
Peanut	X			
Soybean	X			
<b>Nuts*</b>				
Almond	X			
Hazelnut	X			

\*Mouth or throat itching from peanut, soybean, almonds and hazelnuts may also be an initial manifestation of a more serious food with the potential for anaphylaxis. See an allergist / immunologist if such symptoms are noted.