

Allergy Injections

Messiah University
Engle Center Health Services
Policy and Procedure
Updated: 11/13/2025

Allergen Immunotherapy Guidelines and Protocols

(To be completed by prescribing allergist)

Students are carefully screened prior to acceptance by Engle Center Health Services (ECHS) for allergy desensitization. ECHS will provide allergy injection services to students and reserves the right to discontinue administration of injections to students who fail to comply with the following guidelines, who fail to comply with their prescribed regime, or who fail to notify ECHS of changes in their regime.

Allergen immunotherapy (AIT) injections are only to be administered within the following guidelines:

1. Students must have the **Allergen Immunotherapy Order Form** completed by their prescribing physician, clearly labeled with the student's name and the physician's name, address and phone number. It must clearly designate serum to be used, dilution, dosages, expiration dates, missed dose instructions in build-up and maintenance phases, injection intervals and instructions if a reaction occurs. The ECHS medical staff will consult with the prescribing physician when necessary to clarify instructions.
2. Students must have these **Guidelines and Protocols, which includes a current medication list**, reviewed and signed by their allergist, and included in their ECHS chart **each academic year**.
3. Students must carry an **unexpired Epi-pen** during and after allergy injections and must show it to the allergy nurse at time of injection.
4. Students must take an **antihistamine** on the morning of/prior to their allergy injection or they will not receive their injection that day.
5. The allergist must provide peak flow recommendations, if required, for the patient to receive allergy injections.
6. Students must provide their own serum which can be stored in the ECHS clinic; **serum must arrive cold** with an ice pack or be sent over-night through the mail with a cold pack. Serum that arrives at our facility that is not overnighted or received without an ice pack will **NOT** be accepted. **No exceptions.**
7. Students must complete the **Allergy Injection Intake and Consent Form** at the initial visit with the ECHS provider.
8. Due to the increased risk of anaphylaxis, students who have not received allergy injections previously, or who are resuming injections after a prolonged gap of more than 12 weeks, must receive their initial injection at the prescribing physician's office. **The first injection from a newly mixed allergy vaccine vial is to be completed at the allergist's office.**
9. A Physician or Nurse Practitioner will be on site when allergy injections are administered and during the 30-minute waiting period post-injection. If the provider is not available, the injection must be rescheduled.

10. Patients are advised NOT to exercise for at least 1 hour prior and 2 to 4 hours following an allergy vaccine injection.
11. At each appointment, before drawing up the injection, the RN will ascertain if the student has recently been ill, currently having an allergy flare up, is taking any medications (for heart, blood pressure or migraine headaches), has taken an antihistamine, any reactions to recent injections, or has not adhered to the dosage schedule. ECHS will refer to the allergist's instructions sheet regarding the need to adjust the dosage or delay administration of the injection under these circumstances. ECHS will contact the prescribing allergist for clarification of instructions, if necessary.
12. Syringes will not be filled until it has been ascertained that there are no contraindications to receiving the allergy injection. Injections will not be given if there are contraindications indicated. The ECHS nurse will advise students when they are low on serum. The student is responsible for contacting their allergist for serum refills.
13. Documentation on the allergy flow sheet will include the date, dosage, vial, injection location, peak flow (if required) and any reaction that occurred during the 30-minute interval after receiving the injection. Measurement of any local reaction, i.e. wheal, flare will be documented on the flow sheet.
14. Prior to the administration of allergy injections, ECHS staff must be familiar with the Anaphylaxis/Allergy Response Protocol.
15. Students receiving injections by ECHS will have a section in his/her chart with the following information:
 - a. **Allergen Immunotherapy Order Form** which includes peak flow guidelines.
 - b. **Allergen Injection Guidelines and Protocols** which includes a **current medication list** signed by prescribing allergist.
 - c. **Allergy Injection Intake and Consent Form** (signed by student and provider at initial ECHS visit)
 - d. **Allergy Extract Injection Record** of vaccine administration by ECHS.

Administration of Extract

1. An ECHS provider must be present and readily available during the entire allergy injection and observation period before extract can be administered.
2. Injections are given subcutaneously using a 0.5- or 1-mL syringe with a 26- or 27-gauge needle.
3. Injections should be given in the posterior portion of the middle third of the upper arm at the junction of the deltoid and triceps muscles.
4. The syringe should be aspirated to check for blood return in the syringe before injecting. If blood is present, the solution should not be injected, and the syringe removed and discarded in an appropriate container.

Treatment of Local Reactions

1. Usually, no treatment is required for local reactions other than application of an ice pack and adjustment of future doses.
2. For local reactions greater than 2 inches, topical cortisone or antihistamine cream may be applied.
3. For local itching, redness and large swelling, oral antihistamines, NSAID and/or ice pack may be offered.
4. Follow specific orders from allergist's office.

Acute management of Anaphylaxis

1. Anaphylaxis Supplies and Equipment List: tourniquet, sphygmomanometer, Epi-Pens (1:1,000 for IM injection), oxygen, oxygen mask, latex-free gloves, diphenhydramine (oral 25 mg), albuterol inhalation solution, and nebulizer.
2. An Epi-Pen will be injected in the anterior or lateral thigh.
3. 911 will be called and the patient will be transferred to the emergency room.
4. While awaiting emergency assistance: Place tourniquet, lightly above allergen injection site. Stay with the patient and monitor vital signs every 2-5 minutes. Place patient in the supine position with feet elevated. Give oxygen (6-8 L/min) via mask. Consider diphenhydramine 25 mg PO x 1 for itching and urticaria only.
5. Consider albuterol via nebulizer if patient has bronchospasm.
6. Further allergy vaccines will not be administered by ECHS until the patient has been re-evaluated by their allergist.

CURRENT MEDICATION LIST:

CONSENT:

The Allergen Immunotherapy Guidelines and Protocols of the Engle Center Health Services at Messiah University is acceptable to me, as prescribing physician for my patient,

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I am aware of the anaphylaxis protocol at the Engle Center Health Services. I have reviewed this protocol and supplies list and agree with their treatment plan of a potential anaphylactic reaction for my patient. Allergen immunotherapy may be administered by the medical staff at the ECHS.

Printed Name of Prescribing Physician

Signature of Prescribing Physician