

OTOLARYNGOLOGY ASSOCIATES, PC
INSTRUCTIONS FOR ALLERGY SUBLINGUAL THERAPY
10-WEEK SUPPLY

Instructions for Pollen and/or Mold Sublingual Allergy Drops

Give 3 drops daily for each of the 7 days in the week as shown in the charts (schedules) below.

Hold the drop(s) under the tongue for 2 minutes and then swallow. It is permissible to place both the pollen drop(s) and mold drop(s) under the tongue simultaneously. No more than a total of 6 drops should be placed under the tongue at any one time.

Pollen Schedule:

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	3 drops	3 drops	3 drops	3 drops	3 drops	3 drops	3 drops
2	3 drops	3 drops	3 drops	3 drops	3 drops	3 drops	3 drops
3	3 drops	3 drops	3 drops	3 drops	3 drops	3 drops	3 drops
4	3 drops	3 drops	3 drops	3 drops	3 drops	3 drops	3 drops
5	3 drops	3 drops	3 drops	3 drops	3 drops	3 drops	3 drops
6	3 drops	3 drops	3 drops	3 drops	3 drops	3 drops	3 drops
7	3 drops	3 drops	3 drops	3 drops	3 drops	3 drops	3 drops
8	3 drops	3 drops	3 drops	3 drops	3 drops	3 drops	3 drops
Reorder Drops							
9	3 drops	3 drops	3 drops	3 drops	3 drops	3 drops	3 drops
10	3 drops	3 drops	3 drops	3 drops	3 drops	3 drops	3 drops

Mold Schedule:

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	3 drops	3 drops	3 drops	3 drops	3 drops	3 drops	3 drops
2	3 drops	3 drops	3 drops	3 drops	3 drops	3 drops	3 drops
3	3 drops	3 drops	3 drops	3 drops	3 drops	3 drops	3 drops
4	3 drops	3 drops	3 drops	3 drops	3 drops	3 drops	3 drops
5	3 drops	3 drops	3 drops	3 drops	3 drops	3 drops	3 drops
6	3 drops	3 drops	3 drops	3 drops	3 drops	3 drops	3 drops
7	3 drops	3 drops	3 drops	3 drops	3 drops	3 drops	3 drops
8	3 drops	3 drops	3 drops	3 drops	3 drops	3 drops	3 drops
Reorder Drops							
9	3 drops	3 drops	3 drops	3 drops	3 drops	3 drops	3 drops
10	3 drops	3 drops	3 drops	3 drops	3 drops	3 drops	3 drops

Please note that if you should have to see another physician for a non-allergy related problem, you are ABSOLUTELY NOT PERMITTED to take any allergy drops if any of the following medications or eye drops are prescribed and taken:

- **BETA BLOCKERS** (including, but not necessarily limited to): Betapace (sotalol), Blocadren (timolol), Cartrol (carteolol), Coreg (carvedilol), Corgard (nadolol), Corzide (nadol/bendroflunetazide), Inderal (propranolol), Inderide (propranolol/HCTZ), Kerlone (betaxolol), Levatol, Penbutolol, Lopressor (metoprolol), Normodyne (lebetalol), Sectral (acebutolol), Tenoretic (atenolol/HCTZ), Tenormin (atenolol), Timolide (timolol/HCTZ), Toprol (metoprolol), Trandate (labetalol), Visken (pindolol), Zebeta (bisoprolol), Ziac (bisoprolol/HCTZ)
- **EYE DROPS:** AK Beta (levobunolol), Betagan (levobunolol), Betoptic (betaxolol), Optipranolol (metipranolol), Ocupress (carteolol), Timoptic (timolol)