



## **CLUSTER IMMUNOTHERAPY INFORMATION FORM**

### **WHAT IS CLUSTER IMMUNOTHERAPY (CIT)?**

- Cluster immunotherapy is a method for rapidly desensitizing patients to inhalant allergens. CIT involves giving a person multiple allergy injections over several hours over several days, achieving a near-maintenance dose in a very short amount of time.
- The procedure involves 2-3 allergy injections, with incremental increases in dose, which are given in a span of 1 ½-2 hours.
- After CIT, a person comes into the allergist's office twice a week for the next several weeks. Then we will start spacing out the frequency of your injections according to our immunotherapy (IT) protocol.

### **BENEFITS OF CLUSTER IMMUNOTHERAPY**

- More rapid clinical improvement with fewer visits for injections
- Allows the patient to achieve maintenance dose more rapidly
- Allows the patient to reach monthly maintenance injections quicker

### **RISKS OF CLUSTER IMMUNOTHERAPY**

- Anaphylaxis (severe allergic reaction) which we help reduce with a specially designed regimen that you take before the procedure.
- Premedication with anti-leukotriene's (montelukast) and antihistamines has been shown to decrease the incidence of systemic reactions with CIT significantly
- If there is a systemic reaction, it is treated appropriately and CIT is stopped. At this point we will transition to traditional immunotherapy (IT).
- May not be covered by all insurance companies, thus cost may be higher.
- Still requires you to continue medication during the build-up phase
- Higher risk of allergic reactions compared to traditional immunotherapy

### **REACTIONS TO CLUSTER IMMUNOTHERAPY**

- Local reactions (swelling, itching, or tenderness at the injection sites)
- Systemic reaction, which may include: Hives, itchy eyes, nose or throat, runny nose, nasal congestion, sneezing
- Tightness in chest and or throat, coughing and or wheezing
- Nausea and vomiting, abdominal cramps
- Lightheadedness or faintness and possibly shock

### **WHAT TO DO BEFORE YOUR VISIT**

Premedication 1 day prior and the morning of the procedure.

1. Histamine (H1) Blocker: Options include Claritin 10 mg, or Zyrtec 10 mg, or Allegra 180 mg once a day
2. Montelukast (Singulair) 10 mg once a day.



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