

Sublingual Allergy Drops

Questions & Answers



What does sublingual mean?

Sublingual is a term that means under the tongue.

How are the drops administered?

The drops are to be put under your tongue. You administer 3 drops around the same time every day. You receive a dropper from the clinic and take it home with you.

What is in the drops?

The drops are custom made for you based on your allergy testing results. The drops have different types of allergens in them including: Dust mites, tree pollen, grasses, weed pollens, animal dander, and molds.

How often do I have to come to the clinic?

You should only have to come to see us every 3 months to pick up your new vial. You don't even have to have an appointment. You can just stop by when it is convenient for you.

How long do I have to do treatment?

Typically treatment is for 3-5 years. At that point you should not need any further allergy treatment for 10+ years.

Do the drops have a taste?

The drops are mixed with a type of glycerin diluent. This typically causes the drops to taste somewhat sweet.

Where do I keep the drops?

The drops should have a consistent temperature. We recommend that you keep the drops in the refrigerator. However, if it is not feasible for you to keep them in the fridge, just keep them from freezing or being exposed to extreme heat.

Can I take my prescribed medications while taking the drops?

You should never take a medication called a Beta Blocker while participating in allergy immunotherapy. Beta Blockers are typically prescribed for blood pressure and/or heart rate control. Please discuss your medication list with the allergy experts at your allergy testing appointment. You may need to discuss your Beta Blocker use with your primary care provider prior to starting allergy treatment.

You may continue all other medications prescribed to you during allergy treatment.

I missed a dose. Now what?

The drops are considered a safe and effective alternative to allergy shots. There is no problem if you periodically forget a dose. However, to receive maximum effectiveness for allergy treatment you will want to be very compliant with your drops.

I am almost out of drops. What do I do now?

The allergy experts at West River Allergy will be aware of when you are due for a new dropper vial. The allergy nurse will typically contact you to remind you that you need to pick up your new vial. Please contact us prior to your vial running out if you do not want to continue the treatment as we will automatically make your new vial when it is due. 605.791.0602

If you have any questions or concerns about sublingual allergy immunotherapy please call our allergy experts.

605.791.0602