How to Get Started with ALLERGY IMMUNOTHERAPY at University of Pennsylvania
Student Health Service (SHS)

- Take SHS Allergy Immunotherapy Order Form to your allergist to be completed and signed. Allergy sera will not be administered without a signature from your allergist.

- Schedule appointments. SHS does not accept walk-in allergy appointments.
  - Call SHS at 215-746-3535 to schedule an “Allergy Intake” appointment with a SHS provider.
  - You must also schedule an Allergy “nursing appointment” with the allergy nurse for review of allergy orders and to store/refrigerate your allergy sera. This second nursing appointment must be held after the provider appointment.

- Bring your completed and signed Allergy Immunotherapy Order Form and allergy sera to your nursing appointment. Allergy sera should not be mailed to SHS. (You may call SHS and speak with an allergy nurse if you need to drop off your sera in advance of your appointment.)

Getting Your Allergy Injections:

1. It is advised not to engage in strenuous physical activity for one hour before, and two hours after, receiving your allergy injections. Exercising just before or after receiving an allergy injection could cause rapid absorption of the sera and could increase your risk of a reaction.

2. You will not receive your allergy injection(s) if you have an active infection, fever or are experiencing severe allergy symptoms such as chest congestion, wheezing or shortness of breath. The allergy nurse may consult with a Student Health provider, or your allergist if needed.

3. After receiving your allergy injection(s) you must remain in the Allergy Clinic for 30 minutes. This is a MANDATORY waiting period after injection(s) to assess for reaction.

4. Allergy injections will not be given within 24 hours of any other injection (i.e. immunizations, depo provera.) Allergy injections should be separated by 3 days from a COVID-19 vaccine.

5. A student must return to their allergist after any prolonged interruption in build up or maintenance allergy injections.

6. It is your responsibility to be aware of sera expiration dates and if sera volume is running low. Expired sera will not be administered. When you are leaving campus, please be sure to take your sera and documents with you.