

Grass Pollen Allergy?

Find out how you could end your symptoms

Grasses are one of the most common environmental allergies. You can have an allergic reaction to grass by direct contact or by breathing in its pollen. While there are many different types of grass, they all have a fairly similar make up, so people who are allergic to one are likely allergic to several. Consider an allergy treatment that could end your allergy symptoms — preseasonal allergy drops!

What is preseasonal allergy drop treatment?

- Taking accelerated sublingual immunotherapy (allergy drops) with higher doses of grass antigens prior to the grass season helps you better tolerate the pollen once the season hits.
- Treatment, which uses a more rapid dose escalation, begins eight weeks before peak allergy season. Patients already on allergy drops continue their regular dosing treatment into the season.
- A “booster” to year-round allergy drop therapy and can provide additional seasonal symptom relief.
- A simple solution to help you feel better seasonally while you continue your existing allergy drop treatment.



Who are the best candidates for preseasonal allergy drop treatment?

- Those who suffer from strong grass symptoms:
 - Sneezing
 - Runny nose
 - Itchy eyes, nose, ears and mouth
 - Watery, red eyes
 - Swelling around your eyes
- Those who have been on inhalant drops, including seasonal allergens, for at least six months.

What are the benefits to preseasonal therapy?

- Additional seasonal symptom relief.
- May shorten the overall course of your immunotherapy.
- While the long-term goal of multi-antigen allergy drops is to build an your tolerance to all your allergies, preseasonal therapy helps provide short-term relief and dampen the allergic response to an especially strong seasonal allergy.

What allergens can be treated with preseasonal therapy?

Preseasonal treatment can be used for a number of environmental allergens that have a strong regional presence such as trees, grasses, weeds, mountain cedar, dust mite, and alternaria mold.

When should I start preseasonal sublingual immunotherapy?

Eight weeks before the offending allergy season starts.

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What is the dosing/frequency for preseasonal allergy drop treatment?

You get a two-vial set of the seasonal treatment and start with one dose under the tongue the first day (one dose is equal to one full pump depression with the dispenser). Doses are increased by one dose per day until you have reached a total of 10 doses per day. Continue 10 doses per day until both vials are gone. We recommend you split your doses — 5 doses in the morning and 5 doses in the evening.

Can you benefit from taking only preseasonal allergy drops?

People can benefit from preseasonal therapy by itself, but year-round therapy is better. Year-round therapy helps build long-term tolerance, whereas preseasonal therapy is designed to provide short-term symptom relief.

What are common side effects from preseasonal treatment?

Side effects are typically minor and temporary. They may include oral itching/itchy mouth, mild onset of allergic rhinitis, stomach aches or sinus headaches and congestion.

How do I manage symptoms/side effects?

You can pace/slow down the escalation of drops, and back down to the dose where you did not experience side effects. Consider adding an antihistamine. Call us for more details or if side effects become bothersome.

What's the next step?

If you're interested in more information about our preseasonal allergy drop treatment and whether it might be right for you or to make an appointment, please contact us at (###) ###-####.

Sincerely,

Provider's Name

Practice Name

