

TEXAS REGIONAL ASTHMA AND ALLERGY CENTER, L.L.P.

Board Certified specialists in allergy, asthma, immunology, and respiratory disorders

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Adult Pre-Rush Immunotherapy Instructions

Patient: _____

Date of Rush: _____

Physician: _____

DOB: _____

The following medications must be started the day before your RUSH, the day of your RUSH, and the day after your RUSH. In this bag is a prescription for Prednisone and an Epinephrine Auto-Injector (there will be a coupon for the latter if available). Please fill these at your local pharmacy. Zantac 150mg is sold over the counter, you will need at least 6 pills for all 3 days. Zyrtec 10mg can also be purchased over the counter, you will need 3 pills. It is also recommended that you buy Benadryl topical cream and liquid oral Benadryl OTC. **Bring your epinephrine auto-injector with you to the procedure.**

Day before RUSH: _____ (Be sure to stay well hydrated on this day!)

Morning medications:

Prednisone 10mg, Take 3 tablets with food
Zantac 150mg, Take 1 tablet (OTC)
Zyrtec 10mg, Take 1 tablet (OTC)

Evening medications:

Prednisone 10mg, Take 3 tablets with food
(*Don't take Prednisone too late; It can affect sleep)
Zantac 150mg, Take 1 tablet

Day of RUSH: _____

Morning medications:

Prednisone 10mg, Take 3 tablets with food
Zantac 150mg, Take 1 tablet (OTC)
Zyrtec 10mg, Take 1 tablet (OTC)

Evening medications:

Prednisone 10mg, Take 3 tablets with food
(*Don't take Prednisone too late; It can affect sleep)
Zantac 150mg, Take 1 tablet

Day after RUSH: _____

Morning medications:

Prednisone 10mg, Take 3 tablets with food
Zantac 150mg, Take 1 tablet (OTC)
Zyrtec 10mg, Take 1 tablet (OTC)

Evening medications:

Prednisone 10mg, Take 3 tablets with food
(*Don't take Prednisone too late; It can affect sleep)
Zantac 150mg, Take 1 tablet

One week after your RUSH _____ **you will come for your first post-RUSH allergy injection.**
You will need to come before 3pm on this date, and you will wait one hour after the injection. Please bring your epinephrine auto-injector with you on this date.

Day of Procedure:

- Please arrive to the office by 8:00 am. The procedure will last roughly 8 hours.
- Wear comfortable clothes, and short sleeved or sleeveless shirts.
- Bring lunch, snacks, drinks, etc. We have Wifi. When bringing movies please be sure it is appropriate for general viewing!
- Do not perform any exercise or physical exertion the day of the procedure or for up to 24 hours after.
- If you become ill with breathing problems or a fever, please call the office prior, as the procedure may need to be re-scheduled.
- **RUSH procedures canceled with one week or less notice are subject to a \$200 non-refundable fee.**

*** If you have any questions please call our office and ask for one our RUSH Registered Nurses. ***