A quick guide to venom immunotherapy

The Allergy & Immunology Department

The Royal Children's Hospital Melbourne

Why start immunotherapy?
- Reduces likelihood of anaphylaxis with another sting from 40% to less than 5%

Initial clinic review
Discussion about starting immunotherapy
Risks and benefits of the program discussed

Clinic reviews through TeleHealth
- If your child has no other allergic issues that require a face to face review, we will arrange all follow up appointments to be conducted via TeleHealth

Telephone review | 3 months
Phone review with Clinical Nurse Consultant

Clinic review | End of year 1
Review in Allergy Clinic | In hospital or TeleHealth

Clinic review | End of year 2
Review in Allergy Clinic | In hospital or TeleHealth

Clinic review | End of year 3
Review in Allergy Clinic | In hospital or TeleHealth

Clinic review | End of year 4
Review in Allergy Clinic | In hospital or TeleHealth

Clinic review | End of year 5
Review in Allergy Clinic | In hospital or TeleHealth

When to notify the Allergy Department
- If your child is unwell before an injection day at RCH
- If your child has had a reaction to their injection
- If there has been a delay in injections by >10 days
- If your child is stung by a bee and develops anaphylaxis during immunotherapy
- Contact us on **03 9345 4331** or allergy.clinic@rch.org.au (non-urgent only)
- **For urgent, after-hours issues,** call the hospital on **03 9345 5522** and ask to speak to the on-call Immunologist

Injections | Up-dosing phase | Day 1
Six injections over 3-4 hours in hospital
Followed by 2 hours of observation in hospital

Injections | Up-dosing phase | Day 15
Two injections, 30 minutes apart in hospital
Followed by 2 hours of observation in hospital

Injections | Up-dosing phase | Day 45
One injection in hospital
Followed by 1 hour of observation in hospital

Injections | Maintenance phase | Every 4 weeks
One injection with 30 minutes of observation with your GP

Before each injection
- Make sure your child is well
- Give them an antihistamine medicine around 1-2 hours before their injection

What to bring on each injection day
- Your child's EpiPen or Anapen device
- Asthma puffers (if your child has asthma)
- Antihistamine medications (e.g. Zyrtec)

After an injection
- Avoid sport or exercise for the rest of the day
- Use an ice pack or paracetamol for minor symptoms

Getting more extracts
- RCH will prescribe one vial on commencement
- RCH will prescribe one vial on day 45
- Please see your GP for further prescriptions
- Each vial lasts approximately 5 months

Injections | End of year 5
Completion of immunotherapy program

After completing immunotherapy
- Your allergy specialist will discuss with you and your child about whether they need to continue to carry their adrenaline autoinjector device (eg. EpiPen or Anapen)