

## Sublingual Therapy

Sublingual Therapy is treatment by administration of drop(s) of antigens under the tongue. When taken in this way it is rapidly absorbed by the veins under the tongue and enters the blood stream as rapidly as by injection. Most patients prefer this type of treatment as it is easily taken by themselves. They can resume treatment at any time that symptoms recur without coming in for an injection.

In sublingual therapy for inhalants (dusts, molds, and pollens), a small dose of extract is given under the tongue three to four times a day. The extracts are mixed so that the total dose for a month or more is in one vial. The patient may obtain relief on one or two drops a day making the extract last for six or even seven weeks depending upon the frequency of dosage. Keeping the bottle refrigerated, when possible, will preserve the potency of the extract.

The drop is to be given behind the teeth, under the tongue, if possible. The dropper should be held nearly horizontal, as a larger drop is obtained this way than when the dropper is held vertically. Try to avoid swallowing for about a minute.

Some cases may require additional injection therapy at the start of treatment. It is important that treatment be continued over a long period of time even if it is low dosage. Be sure to have your bottles refilled when they get low.

In the case of foods, treatment is based on relieving doses found by provocative food testing. Each drop represents a 'relieving dose' and can be taken before or after a given food is eaten, or can be taken when symptoms develop following a reaction from that food. One or two drops daily or one or two drops every 2 - 5 days may be sufficient, or they can be taken four times daily like inhalant therapy, even though the treated food is not consumed. You will have to experiment to see what gives the best relief. Generally speaking, the effect of the drops are dissipated after four hours; as a rule, the treatments are repeated whenever necessitated by the neutralizing effect wearing off. Follow the instructions given by the nurse for your individual bottles.

You will usually have one or more bottles, each one containing foods or a specific class of inhalants. As you treat yourself from one season to the next, you may find that your drops don't seem to be working as well as they had been. This may be due to improvement in your sensitivity through treatment or may be due to increased sensitivity because of entering a particular inhalant season. Experimenting with the dosage schedule of the different bottles will tell you which one has antigens with shifted neutralization points. Report this to the doctor at your monthly visit.