

## ALLERGY CLINIC GUIDELINES

1. a. Patients are seen only by appointment, which can be made on-line or by phone.  
Appointment Desk: (301) 314.8184  
Allergy Clinic: (301) 314-8115  
Online: [www.myuhc.umd.edu](http://www.myuhc.umd.edu)  
b. Students must bring their insurance card and check in at registration before the Allergy Clinic initial visit.  
c. Students are to sign in at the kiosk located on the 2nd floor and on the sheet in the Allergy Clinic for any visit to the Allergy Clinic.
2. The only time serum and/or instructions are to be released is during regular clinic hours (Monday - Friday, 8:20 AM - 4:30 PM).
3. Request for appointment cancellation or change should be made through the appointment clerk (301.314.8184) unless cancellation is made within 24 hours of the appointment or you may be subject to a cancellation penalty. In that case, call the Allergy Clinic at (301) 314-8115.
4. Patients arriving 10 minutes late may be asked to reschedule their appointment.
5. Patients are responsible for obtaining allergy injections (taking serum and instructions) to another source when the Health Center is closed.
6. a. Patients are responsible for taking serum and instructions when leaving school. (e.g., graduation, transfer, summer or winter vacation, etc.)  
b. Any allergy serum left here after a student has left school will automatically be discarded after its expiration date.  
c. Serum will not be mailed to students or their doctor's office.
7. It is recommended that no antihistamine be taken 4 hours prior to receiving an allergy injection, unless directed otherwise by your allergist.
8. Strenuous exercise, i.e., swimming, tennis, contact sports, should not be engaged in by the allergy injection patient for at least 2 hours after the injection.
9. The site of the injection should not be rubbed or scratched after the injection, regardless of itching. Ice applied locally will relieve the itching.
10. If there is a problem with allergies or a problem resulting from an allergy injection, please contact the allergy nurse, (301)314-8115, to inform her of the nature of the problem, as well as your allergist.
11. Patients are required to stay 30 minutes after receiving allergy injections.  
**YOU MUST CHECK WITH THE NURSE BEFORE LEAVING THE AREA.**  
Non-compliance in this issue may result in cancellation of future visits to the Allergy Clinic.