TEXAS REGIONAL ASTHMA, ALLERGY & IMMUNOLOGY CENTER

Allergy Drops (SLIT)

A patient guide to sublingual immunotherapy

Allergy drops are a daily, at-home treatment that exposes your immune system to small amounts of selected environmental allergens. The goal is to reduce your sensitivity and improve symptoms over time.

YOUR TREATMENT PATH

1. TEST & REVIEW
2. CUSTOMIZE
3. DOSE DAILY
4. REASSESS

How does the process work?

We review your symptoms and allergy testing to select the allergens most relevant to you. If drops are a good fit, we prepare your treatment and provide instructions for a gradual build-up to a daily maintenance dose. You take the drops under your tongue at home and have periodic follow-up visits.

Does it work?

Studies show that sublingual immunotherapy can reduce symptoms for certain environmental allergies. The strongest evidence is for specific allergens and doses studied in clinical trials. The benefit of custom-mixed drops is less certain, and individual results vary. We will track your symptoms and medication use to assess your response.

When should I expect improvement?

Improvement is gradual and may take several months. We assess progress over time, including during your usual allergy seasons. Continue your prescribed allergy medications until we advise you to change them.

How long is treatment?

Treatment generally continues for several years. Our team will review your response with you and decide when it is appropriate to stop.

Who is a good candidate?

Drops may be a practical option when a few allergens are the main drivers of symptoms. Allergy shots may be a better fit when many allergens need treatment. We also review asthma control and your medical history before recommending immunotherapy.

What are the risks?

Mouth or tongue itching and irritation may occur, particularly early in treatment. Serious allergic reactions are possible. Follow your dosing and safety instructions, and tell us about worsening asthma or concerning symptoms. Seek emergency care for breathing difficulty, throat swelling, faintness, or other signs of a severe reaction.

Are drops FDA approved?

Custom allergy drops are prescribed off label in the United States. The liquid drops themselves are not FDA approved for use under the tongue; certain SLIT tablets are FDA approved for specific allergens.

What will it cost?

Most insurance plans do not cover custom allergy drops. Cost depends on your treatment plan; contact us for a personal estimate.

Ready to discuss allergy drops?

Call 817-421-0770, ext. 142 | www.traac.org