

# ENVIRONMENTAL ALLERGY TREATMENT INSTRUCTIONS

Following these simple instructions can improve the results of your treatment. Bringing in items from your home allows us to treat for specific allergens you have in your environment.

## Environmental Waters

The following procedure can be performed for both inside and outside collections. This will allow you to bring in the airborne allergens.

Items needed:

- Distilled water
  - Rubbing alcohol
  - Shallow glass or metal pans (pie pans work well)
  - 2 jars or containers with lids
1. Mix 10 parts distilled water with 1 part rubbing alcohol.
  2. Distribute this mixture in the glass or metal pans. For inside collection, place the pans in various rooms of your home. For outside collection, place the pan(s) out of the sun and rain.
  3. Leave the pans out for 24 hours. (Avoid allowing animals from drinking from the pans!)
  4. After 24 hours, pour a sample from each of the collection pans into a jar and label the jar. A separate jar should be used for the inside and outside collections.

## Environmental Tapes

This procedure allows you to bring in allergens that are less airborne.

Items needed:

- Wide packing tape or scotch tape
1. Press the sticky side of the tape onto various surfaces in your home-carpets, drapes, furniture, etc. –using a separate piece of tape for each surface.
  2. Fold the tape in half so the non-sticky side is out and label it.

After your environment allergy treatment, TAKE THE WATERS AND TAPES HOME WITH YOU. You will need to bring these items back at your next visit so that you can be re-checked on them.