



Precision Immune Targeting

Ultrasound-Guided Intralymphatic Immunotherapy (ILIT)

California – Fremont, Oakland, Redwood City · Idaho – Eagle · Oregon – Beaverton, Clackamas, Gresham, McMinnville, Newberg, Tigard · Washington – Bellevue, Fisher's Landing, Longview, Salmon Creek

What is ILIT?

Intralymphatic immunotherapy (ILIT) or Precision Immune Targeting is one of the most recent and exciting developments in allergy treatment. This innovative procedure, involving monthly injections over three months, achieves the same results as those typically achieved through conventional allergy shots over 3-5 years. **Radiologist Dr. Kiren Jain** uses ultrasound-guided imaging to see the lymph nodes and the needle as the allergen is injected. This type of ultrasound-guided technique ensures the shot is placed in the right location.

Like all types of immunotherapy, introducing the allergen allows your immune system to build tolerance so it eventually stops triggering allergic reactions. **This treatment is currently performed at our Fremont, California office.** However, patients from any of our clinics may be eligible to receive this immunotherapy.

Allergies Treated with ILIT

- Pollen (grass, trees, weeds)
- Mold
- Dust mites
- Animal Dander

ILIT Benefits

There are several benefits to choosing ILIT over our other environmental allergy desensitization treatments, allergy shots (SCIT) and sublingual immunotherapy (SLIT). These benefits include:

Fewer Treatments

Conventional allergy shots are administered at least once weekly at first, then they are reduced to one shot a month for 3-5 years. With sublingual immunotherapy, daily home dosing is required and can continue for many years. By comparison, ILIT requires only three (to five) lymph node injections, each given 4 weeks apart, to complete the treatment.

Rapid results

Allergy shots (SCIT) and sublingual immunotherapy (SLIT) take years to provide optimal symptom relief and lasting results. Since the lymphatic system is responsible for triggering the immune response that causes an allergic reaction, delivering allergens directly into the lymph nodes quickly builds up immune system tolerance. Instead of waiting years, ILIT provides allergy relief in weeks.

ILIT Candidates

To find out if you are a good candidate, schedule a consultation. You will talk with the specialists at Columbia Allergy about your symptoms and have an allergy test to verify your allergens. Based on all the information collected, they will decide if lymph node injections are the best treatment for you.

ILIT Risks

With any type of allergen immunotherapy, there is a risk of allergic reactions. It is important to know that lymph node injections are typically well tolerated; they are comparable to getting a typical allergy shot. We do ask that all our immunotherapy patients carry an epinephrine auto-injector in the case of a severe allergic reaction.

Other potential, but extremely unlikely risks include but are not limited to bleeding, infection, nerve or tissue damage, anaphylaxis, or other serious bodily injury. All risks and alternative treatment options should be discussed with your provider prior to signing the ILIT consent form.

**WARNING: this treatment along with all allergy desensitization treatments carries a risk of anaphylaxis, a potentially life-threatening condition which can rarely lead to respiratory and/or cardiac arrest and possibly death.*

Before you Start ILIT

Consent Forms

If you and your provider come to a decision that ILIT is the right treatment for you, there are several consent forms that will need to be signed to get the process started. You will need to consent to the ILIT treatment to book an appointment. In addition, you will need to consent to allergy shots for your custom allergen extract vials to be made for use during the procedure. Payment plans and pricing should be discussed at the time of signing consent.

Allergy Shot Vials

After consent is signed, your provider will write a custom recipe for the injections containing the necessary allergens as determined by the results of your allergy tests.

Schedule Appointments

Once your consent forms are signed, you can book your appointment at the Fremont, CA office. Plan to have the appointment booked 1 month out to allow for enough time to have your allergy shot vials made.

You must give verbal confirmation of your attendance at the appointment 2 weeks in advance for every injection.

Communication with Staff

Communication with staff regarding any reactions is VERY important to maintain patient safety. Any prior reactions should be brought to the attention of your provider and Dr. Kiren Jain. **If you develop any signs or symptoms of an illness around the time of your scheduled injection, please notify the office to see if it is still safe to receive the injection.**

Please keep in mind that the shot vials used for ILIT injections have an expiration date. Plan to schedule your appointments in a timely fashion to avoid having to pay for an extra set of vials should they expire.

Day of ILIT Appointment

We do ask that all our immunotherapy patients carry:

- an **epinephrine auto-injector** in the case of a severe allergic reaction
- H1 antihistamine (i.e. Zyrtec, Allegra, Claritin)
- H2 antihistamine (i.e. famotidine)
- Asthma rescue inhaler with spacer and Montelukast if prescribed

ILIT Clinic Location and Hours

The ILIT procedure is offered at our Fremont, California location. Visit www.columbiaallergy.com to schedule a consult and check the location hours.