

Helixor Mistletoe Dosing Guide

Starting out, most patients will need 5mg of mistletoe to achieve a reaction. You should expect a red, slightly swollen area in the skin that is about the size of a quarter to a half-dollar. It may not always be possible to generate this reaction forever-let us know if the skin reactions stop happening or if it's too big. We need to dose you based on your reaction, not any protocol, including this guide! The reaction will typically occur within a few hours or by the next day. Mistletoe is meant to be a long-term therapy. It's usually given for years, though your physician will adjust the dose, frequency, and sometimes the type of mistletoe given. For any questions, please ask!

IT'S VERY IMPORTANT to watch this video of how to prepare your syringes and how to draw up and inject: <https://shorturl.at/qsuMN>

Your first mistletoe injection will be done at our clinic so we can demonstrate safe and proper injection technique as well as observe for any allergic reaction. All subsequent injections can be administered at home by the patient or caregiver. Alternate the injections to various locations on your lower abdomen.

Your dose of mistletoe:

If instructed to start with Series 1 box, start with the 1mg ampule. The next 2 ampules are also 1mg, so you'll inject 1mg for your first 3 injections. Then you'll inject 5mg (unless you get a reaction at 1mg, which means you'll continue at 1mg dose, but most people react at 5mg) for the next 3 injections. If you have the desired reaction, you'll continue that dose. **Please let us know as soon as you have a desired reaction so we can order a box of that dose for you to continue.** (you may be injecting the same dose for a few weeks or a few months before needing to increase your dose) When reaction stops occurring, you'll then increase to the next higher dose (e.g. 10mg if you were previously injecting 5mg, or 20mg if previous dose was 10mg). Once you reach 20mg dose, we'll provide you with a multi-dose vial instead of ampules. **The vial will need to stay in the refrigerator. (the ampules that come in the series boxes do not require refrigeration)** **If you've been reacting to a dose and then no longer reacting, after 2 non-reactive injections, give yourself the next (same dose) injection to your upper outer thigh. If you have a reaction there, then alternate injections at that continued dose between abdomen and thigh. When you quit reacting to a thigh injection, you're ready to increase to the next dose.**

__ Series 1 dosing	__ Series 2 dosing	__ Series 4 dosing
Dose 1: 1ml (1mg)	Dose 1: 1ml (10mg)	Dose 1: 0.4ml (20mg)
Dose 2: 1ml (1mg)	Dose 2: 1ml (10mg)	Dose 2: 0.4ml (20mg)
Dose 3: 1ml (1mg)	Dose 3: 0.4ml (20mg)	Dose 3: 0.6ml (30mg)
Dose 4: 1ml (5mg)	Dose 4: 0.4ml (20mg)	Dose 4: 0.6ml (30mg)
Dose 5: 1ml (5mg)	Dose 5: 0.6ml (30mg)	Dose 5: 1ml (50mg)
Dose 6: 1ml (5mg)	Dose 6: 0.6ml (30mg)	Dose 6: 1ml (50mg)
Dose 7: 1ml (10mg)	Dose 7: 0.6ml (30mg)	Dose 7: 1ml (50mg)

****Ask at the end of each series/box/vial to see if you should repeat or go to another series/dose.**

****If you aren't having reactions at least 50% of the time, inject upper outer thigh. If still not reacting, let us know****

****Inject Monday, Wednesday Friday or 3 times weekly (remember it's based on reaction, though, not a strict M-W-F routine.**

Wait for prior reaction to resolve before injecting the next dose)

If you have questions about your skin reaction, you can send a picture of your reaction to Annette Phillips LVN at APhillips@TWIHW.com. If you must text it instead, please first text your name and "Attn Annette", then a photo of the reaction to our company's cell phone: (281) 939-3450. **Please hold a ruler up to the reaction for frame of reference in the photos.**