##

## 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**](https://shorturl.at/qsuMN)

Your first mistletoe injection can be done at our clinic so we can demonstrate safe and proper injection technique, if you aren’t clear after watching the videos. (Or we can schedule a video conference). Alternate the injections to various locations on your lower abdomen, unless/until instructed differently.

## Your dose of mistletoe:

If instructed to start with Series 1 box, start with the 1 mg ampule. The next 2 ampules are also 1 mg, so you’ll inject 1 mg for your first 3 injections. (every other day). Then you’ll inject 5 mg (unless you get a reaction at 1 mg, which is rare, and means you’ll continue at 1 mg dose, but most people react at 5 to 10mg) for the next 3 injections. If you have the desired reaction (silver dollar size), you’ll continue that dose (you may be injecting the same dose for a few weeks or a few months before needing to increase your dose). When the 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). If you’ve been reacting to a dose and then stop 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 same dose between abdomen and thigh. When you quit reacting to a thigh injection, you’re ready to increase to the next dose.

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| **Series 1 dosing (starter pack):****Dose 1:** 1 ml (1 mg)**Dose 2:** 1 ml (1 mg)**Dose 3:** 1 ml (1 mg)**Dose 4:** 1 ml (5 mg)**Dose 5:** 1 ml (5 mg)**Dose 6:** 1 ml (5 mg)**Dose 7:** 1 ml (10 mg)**Dose 8:** 1 ml (10 mg)**Dose 9:** 1 ml (10 mg)**Dose 10:** 1 ml (10 mg) |

**\*\*Call or email (contact information below) at least 7 days, with 10 days being preferable, before you’ll run out of mistletoe so that we can order your next box and get shipped to you in time.**

**\*\*All ampules are 1ml, except for the 100mg dose which is 2ml, and therefore, is 50mg/ml. Note that ml is NOT the same as mg. For example, the 1mg, 5mg, 10mg, 20mg, etc all come in 1ml, so that’s 1mg/ml, 5mg/ml, 10mg/ml, and so on.**

If you have questions about your skin reaction, you can send a picture of your reaction to medical@TWIHW.com. If you must text it instead, please first text your name and “Attn Nurse”, then text 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.**