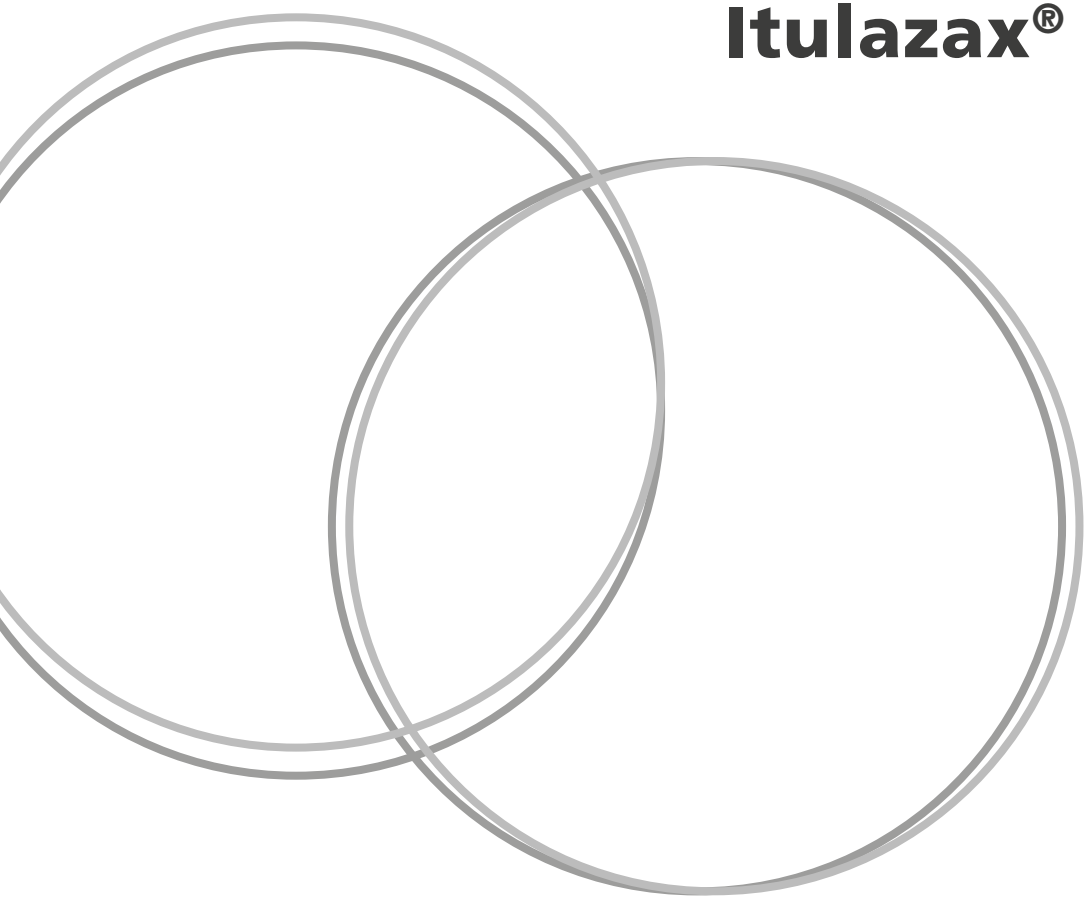
NHS
Oxford University Hospitals
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Your immunotherapy management plan – Acarizax® Grazax® Itulazax®



Name: .....

Date of birth: .....

You have been prescribed the following treatment: **Sublingual immunotherapy**.

Name of medicine	Amount (dose)	How often

You should start taking your immunotherapy from today.

Sublingual immunotherapy

Allergic rhinitis (also known as hay fever) can seriously affect sleep, home, and school performance, and can result in a reduced quality of life.

Immunotherapy is recommended for patients over 5 years old who still have uncontrolled symptoms of rhinitis, even if they avoid other allergens and have tried other recommended medicines.

The immunotherapy you have been prescribed is one of:

- Acarizax
- Grazax
- Itulazax

The treatment involves a small dissolvable tablet being placed under your tongue (sublingual) each day. The tablets contain tiny amounts of grass pollen, tree pollen, or house dust mites. The tablets help your immune system to build up a tolerance to the allergen.

Immunotherapy is the only treatment which aims to treat the underlying cause of an allergy, rather than just the symptoms.

Immunotherapy has been shown to reduce long-term rhinitis symptoms. However, the treatment is taken over 3 years, so it is important that while you are taking the immunotherapy you still take your regular rhinitis medicine. The aim is that by the end of the treatment programme, your symptoms are better and you do not need to take as much medicine to control them.

Continuing your regular rhinitis treatments during immunotherapy

It is important that you continue taking your regular oral antihistamines, nasal spray, and eye drops while you are taking immunotherapy. Immunotherapy treats the underlying causes of rhinitis, but it will not begin to treat your immediate symptoms until towards the end of the 3-year course.

How to take the tablets

Your tablets should be taken 'sublingually'. This means that they should be placed under your tongue, where they dissolve.

1. Avoid strenuous exercise 1 hour before and after taking your tablet.
2. Wash and thoroughly dry your hands.
3. Take the tablet out of the blister card with dry fingers.
4. Lift up your tongue and place the tablet under your tongue. It should dissolve within a few seconds.
5. You should avoid swallowing for 1 minute, and avoid any food or drink for 5 minutes after taking your tablet.



The tablet should be taken from the blister card with dry fingers.



Placed under the tongue



Where it will dissolve within seconds



Swallowing should be avoided for 1 minute after taking the tablet. Food and drink should be avoided for 5 minutes after taking the tablet.

Side effects

The most common side effect is itching in the mouth. This is a temporary effect that starts after taking the tablet and normally lasts a few minutes to a couple of hours. After about a week of treatment, most patients no longer have this.

Other, less common, side effects include:

- itching in the ears
- sneezing
- throat irritation
- mouth swelling
- tummy (abdominal) pain
- feeling sick (nausea)

These side effects usually happen during the first week of treatment and do not last long.

When to get help

If any of these symptoms continue after the first week of treatment, and are bothering you, you can take an antihistamine 1 hour before you take your immunotherapy.

This should help to reduce your symptoms.

After your first week of treatment, you can contact the nursing team for advice if:

- you have any side effects that get worse each day, and do not improve with antihistamines
- your asthma symptoms get worse while you are on this treatment

Please refer to the manufacturer's information leaflet for more information about possible side effects.

If you are unwell

You should stop taking your tablets if you:

- have been prescribed antibiotics for an infection
- have a high temperature (fever)
- have an asthma attack
- are unwell enough to be off school or college.

You can start taking your tablets again when you feel well enough. If you have to stop taking your tablets for more than 1 week, you should contact the allergy team, so that they can tell you how to safely begin treatment again.

Vaccinations

If you are having any vaccinations, such as for the flu, you should not take your immunotherapy on the day you have them. You should wait until any vaccine reactions have resolved completely before restarting your tablets.

Appointments

An allergy specialist is the only person who can start your treatment. This is to make sure that:

- the tablet is taken correctly
- you can be monitored for any reaction
- the treatment can be explained face to face.

You will continue your treatment at home, by taking a tablet every day for 3 years. You will have an appointment to review your progress every 6-12 months.

As this is a specialist treatment, your GP cannot prescribe it for you. To avoid interruption of treatment, we advise contacting the paediatric allergy team to re-order the next prescription on the day you open the last 30 tablet pack.

This can then be collected from either the Horton General Hospital or the John Radcliffe every 6 months.

Call 999 and get immediate medical attention if you have signs of a severe allergic reaction, such as:

- breathing problems
- difficulty swallowing
- voice changes
- low blood pressure
- existing asthma getting worse

If you forget a dose

Take your tablet later in the day if possible, but otherwise just continue with your normal routine of 1 tablet each day.

Never take a double dose to make up for a forgotten tablet.

If treatment is interrupted for more than 1 week, you should tell your clinic as soon as you can, so that they can tell you how to safely begin treatment again.

Losing a tooth or mouth ulcers

If you lose a tooth or have a tooth removed by your dentist, you should stop your immunotherapy treatment for 7 days to allow the oral cavity to heal. If you have a mouth ulcer or wound, stop your immunotherapy treatment until it has healed.

If you go on holiday

You should continue to take this treatment when you are on holiday. Travel with your tablets in your hand luggage, and continue taking your treatment every day.

Support and more information

Allergy UK Helpline, provides independent, confidential advice and support, phone **01322 619898**, Monday to Friday, 9am to 5pm.

Contact us

If you have any questions about your treatment, or need to order more medication contact the paediatric allergy team:

Children's Allergy Nurses

Email: childallergynurse@ouh.nhs.uk

Children's Allergy Secretaries:

Horton General Hospital

Tel: 01295 229 012

Email: allergysecretaryHH@ouh.nhs.uk

John Radcliffe

Tel: 01865 221 652

Email: allergysecretaryJR@ouh.nhs.uk

Further information

If you would like an interpreter, please speak to the department where you are being seen.

Please also tell them if you would like this information in another format, such as:

- Easy Read
- large print
- braille
- audio
- electronic
- another language.

We have tried to make the information in this leaflet meet your needs. If it does not meet your individual needs or situation, please speak to your healthcare team. They are happy to help.

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This leaflet has been adapted with the consent of the Evelina Children's Hospital.

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