

Things to consider before Sublingual Immunotherapy treatment

What do I need to consider before starting treatment?

You must inform your healthcare professional if:

- You are using β -blocker medication. This could include medication for heart disease, blood pressure or anxiety.
- You may be pregnant or are breast feeding.
- You have any autoimmune disease, immunodeficiency or malignant disease.
- You have asthma.

What do I need to consider before I take my usual daily dose?

You must not use this treatment if:

- You have had asthma exacerbation within the last 3 days.
- You plan to undertake any intense physical activity after dose administration.
- You have a fever over 38.5°C.
- You have an active infection.
- Your usual medication has changed or you are using a new drug. This includes medicines obtained without a prescription.
- You experienced any side effects from your previous dose.

In any of these situations it is important you contact your healthcare team as soon as possible for medical advice and before your next dose.

Healthcare Professional's details:

This information was prepared by
AMSL Allergy.

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1. Bousquet J. et al. Sub-lingual Immunotherapy World Allergy Organisation Position Paper 2009. WOA Journal. Nov 2009 p237. PR-100-58 March 2019

Sublingual Immunotherapy Vaccines

Information for Patients



You have been given this leaflet because your healthcare professional has chosen Sublingual Immunotherapy as a suitable treatment option for you.

What is sublingual immunotherapy?

Sublingual Immunotherapy, or SLIT, is a treatment for people with allergies that involves placing drops or a spray of allergen extract under the tongue to help reduce sensitivity to that allergen.

Allergens are the substances your body is allergic to which cause your immune system to react in a way that trigger your allergy symptoms. These allergens are extracted and made into a sprayable vaccine.

Rather than just treating the symptoms, SLIT targets the cause of the allergic reaction to help prevent the reaction happening even after treatment is completed.

Sublingual vaccines can offer a reduced risk of serious side effects¹ when compared to certain allergy vaccines given by injection. This means SLIT can be taken at home for added convenience.



How does SLIT work?

SLIT works by exposing your body to very small doses of allergens. These allergens are identified during a skin prick test therefore are designed specifically to treat your symptoms.

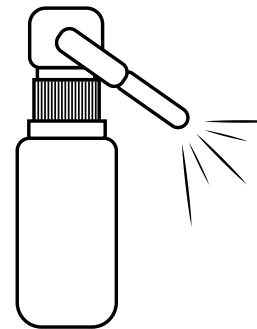
The allergens in the SLIT treatment help to train your body not to overreact when they are exposed to allergens in the environment. Because of this desensitisation process, your usual symptoms to the allergens are significantly reduced over time.

How is SLIT treatment taken?

The treatment is simple to use and is applied by dispensing two sprays under the tongue each day. The spray is held under the tongue without swallowing for two minutes to maximise absorption of the treatment.

The spray dispenser is specifically designed to disperse the allergen in a wide area under the tongue. The spray has a pleasant pineapple taste and feels like a mist.

There is no up dosing and two sprays are applied each day from day one.



What are the advantages of SLIT?

Unlike traditional subcutaneous injection vaccines, SLIT can be administered by yourself at home since it does not require an injection to be given by your healthcare professional.



What are the possible side effects?

Like all medicines, these vaccines can cause side effects, such as:

- Common reactions:
A mild burning sensation, swelling or itching may occur in the oropharyngeal area. Occasionally gastrointestinal discomfort may occur.
- Uncommon reactions:
Rhinitis or urticaria (hives)/angioedema.
- Very rare reactions:
Asthma and anaphylactic reactions can occur. If a severe systemic reaction occurs, immediate medical assistance is required.

Consult your healthcare professional if you have any questions or concerns.