



## INDIANA ALLERGY AND ASTHMA LLC

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### **WHAT YOU SHOULD KNOW BEFORE YOU BEGIN SUBLINGUAL IMMUNOTHERAPY (SLIT) TABLET**

#### **What is Sublingual Immunotherapy (SubLIT or SLIT)?**

Sublingual Immunotherapy is a tablet dissolved under the tongue to treat grass or ragweed pollen allergies. It is a prescription medicine obtained through a local retail pharmacy or a specialty mail order pharmacy. It may be prescribed for patients ages 5 through 65 years with grass or ragweed allergies and 18- 65 years with dust mite allergies. This is NOT a medication that gives immediate relief of symptoms. You must take the SLIT tablets about 12 weeks before grass or ragweed pollen season begins and then throughout the rest of that growing season.

#### **What are the possible side effects?**

The most commonly reported side effects were itching of the mouth, lips, or tongue, swelling under the tongue, or throat irritation. These side effects, by themselves, were not dangerous or Life -threatening and usually subsided after the first few weeks of treatment.

#### **Is there a risk?**

There is a risk of life -threatening allergic reactions such as anaphylaxis. Your first dose will be administered in the physician's office and you will be observed for 30 minutes afterwards. Subsequent doses are self-administered at home. If you experience any of the following symptoms, stop taking and get medical treatment right away

- Trouble breathing
- Throat tightness or swelling
- Trouble swallowing or speaking
- Dizziness or fainting
- Rapid or weak heartbeat
- Severe stomach cramps or pain, vomiting, or diarrhea
- Severe flushing or itching of the skin

For home administration, your doctor will prescribe auto-injectable epinephrine, a medicine you can inject if you have a severe allergic reaction after taking the sublingual immunotherapy. You will be trained and instructed on the proper use of auto-injectable epinephrine, and will need to keep it with you while you are taking the tablets. Because an untreated **General/Systemic** reaction is dangerous, inform the person who observed you take your tablet **immediately** if you feel different (unwell) in any way.

If a General/Systemic reaction occurs after leaving our office, take a dose of antihistamine/ bronchodilator (if asthma)/ EpiPen then go to the nearest Emergency Department or call 911. **Do not delay care by calling your allergist's office.**

After emergency treatment, please call the office to inform us.

After hours, for non-life threatening concerns, you may call our Allergy Physician on call. Please call (219) 779-7407 or Call our office (219) 769-6177 and follow the directions to contact the physician.

### **You Should Not Take Sublingual Immunotherapy if**

- You have severe, unstable or uncontrolled asthma
- You have a severe allergic reaction in the past that included any of these symptoms:
  - Trouble breathing
  - Dizziness or fainting
  - Rapid or weak heartbeat
- You have ever had difficulty with breathing due to swelling of the throat or upper airway after using any sublingual immunotherapy before.
- You have ever been diagnosed with eosinophilic esophagitis.
- You are allergic to any of the inactive ingredients: gelatin, mannitol and sodium hydroxide.
- You suffer from lung disease such as chronic obstructive pulmonary disease (COPD)
- You suffer from heart disease such as coronary artery disease, an irregular heart rhythm, or you have hypertension that is not well controlled.
- You are pregnant, plan to become pregnant or are breast-feeding.
- You are unable or unwilling to administer auto-injectable epinephrine to treat a severe allergic reaction.
- You are taking certain medicines that enhance the likelihood of a severe reaction, or interfere with the treatment of a severe reaction. These medicines include:
  - beta blockers and alpha-blockers (prescribed for high blood pressure)
  - cardiac glycosides (prescribed for heart failure or problems with heart rhythm)
  - diuretics (prescribed for heart conditions and high blood pressure)
  - ergot alkaloids (prescribed for migraine headache)
  - monoamine oxidase inhibitors or tricyclic antidepressants (prescribed for depression)
  - thyroid hormone (prescribed for low thyroid activity).

You should tell your doctor if you are taking or has recently taken any other medicines, including medicines obtained without a prescription and herbal supplements.

### **Are there any reasons to stop taking Sublingual Immunotherapy?**

Stop taking the sublingual immunotherapy and contact your doctor if you or your child has any of the following after taking:

- Any type of a serious allergic reaction
- Throat tightness that worsens or swelling of the tongue or throat that causes trouble speaking, breathing or swallowing
- Asthma or any other breathing condition that gets worse
- Dizziness or fainting
- Rapid or weak heartbeat
- Severe stomach cramps or pain, vomiting, or diarrhea
- Severe flushing or itching of the skin
- Heartburn, difficulty swallowing, pain with swallowing, or chest pain that does not go away or worsens

Also, stop taking if any of the following: mouth surgery procedures (such as tooth removal), or if you develop any mouth infections, ulcers or cuts in the mouth or throat.

How should I take Sublingual Immunotherapy?

Take exactly as your doctor tells you.

It is placed under the tongue

- Take the tablet from the blister package after carefully removing the foil with dry hands.
- Place the tablet immediately under the tongue. Allow it to remain there until completely dissolved.
- Do not swallow for at least 1 minute.
- Do not take with food or beverage. Food and beverage should not be taken in the 5 minutes following the dose.
- Wash hands after taking the tablet.

Take the first tablet in your doctor's office. After taking the first tablet, you will be watched for 30 minutes for symptoms of a serious allergic reaction. If you tolerate the first dose, you will continue taking therapy at home by taking one tablet every day.

You must start home therapy within 7 days of your first dose. If you miss that you will need to return to your physician's office for observation of another first dose

Take as prescribed by your doctor until the end of the treatment course. **If you forget to take it do not take a double dose.** Take the next dose at your normal scheduled time the next day. If you miss more than one dose, contact your healthcare provider before restarting.

#### **How should I store the tablets?**

- Keep out of the reach of children.
- Throw away any unused tablets after the expiration date which is stated on the carton and blister pack after "EXP."
- Store GRASTEK/RAGWITEK/Oralair/ Odactra in a dry place at room temperature, 15°C to 30°C (59°F to 86°F), in the original package.

**Nurse Follow-up:** You will be called 3-5 days and between 3-15 weeks after first dose.

**Physician Follow-up:** Schedule a revisit with Dr. Patel in mid-late June during grass season or mid-late September during ragweed season.

After hours, for non-life threatening concerns, you may call our Allergy Physician on call. Please call (219) 779-7407 or Call our office (219) 769-6177 and follow the directions to contact the physician.

Patient Name: \_\_\_\_\_

DOB: \_\_\_\_\_

MRN: \_\_\_\_\_

### SUBLINGUAL IMMUNOTHERAPY CONSENT FORM

I have read, received a copy of and understand **“What you should know before you begin “Sublingual Immunotherapy”**. I agree to follow all directions outlined in that handout. I recognize the need for and potential value of this treatment as well as the risks involved, and how I can cooperate to limit these risks. My remaining questions concerning this treatment have been answered satisfactorily, and I will continue to direct any questions that may arise promptly to the allergy care providers.

\_\_\_\_\_  
Patient's Name

\_\_\_\_\_  
Patient's/Guardian's Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Witness