

# **Grazax Sub-lingual Immunotherapy**

Information for patients, relatives and carers

① For more information, please contact: Allergy/asthma specialist nurses on 07984 291824 or 07929 744406  
email: [yhs-tr.paediatricallergyysth@nhs.net](mailto:yhs-tr.paediatricallergyysth@nhs.net)

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Sub-lingual immunotherapy (or SLIT) is a treatment that is placed under the tongue to help desensitise/promote tolerance of the immune system to the allergen that is causing hard to control symptoms. This will hopefully lead to a reduction in symptoms or tolerance of the allergen the immunotherapy is being given for.

Grazax SLIT is a treatment for severe seasonal rhinitis that can be used from the age of five years. It is used to reduce allergic symptoms and reactions to Timothy grass pollen. It should be taken daily for three years to be effective though symptom reduction can be seen within the first year.

Your first dose of Grazax will be administered by a doctor or specialist nurse who will show you and explain how it is administered.

Prior to attending for your first dose of Grazax sub-lingual immunotherapy please follow the instructions overleaf:

**Please do not take any antihistamines for one week before the appointment.**

### **What to do on the day**

- Please ensure you are well on the day. This mean not having any coughs, colds, high temperatures, on antibiotics, or current allergic reactions.
- If you have asthma, it should be well controlled. This means not having any cough, wheeze, shortness of breath or chest tightness and not requiring any additional reliever doses of your inhaler on the day of the Grazax immunotherapy.
- Please bring your antihistamines with you, if you have asthma please also bring your reliever inhaler (Salbutamol, Symbicort or equivalent).
- You can have a light breakfast on the morning of the treatment.
- You can bring a light snack and drink to have after the administration of Grazax if you wish.

You will receive your first Grazax dose on the day. If you tolerate the does well, you can continue to take it at home every day for three years.

### **What happens in the hospital**

- You will be seen by the allergy/asthma specialist nurse, and your vital signs will be checked, e.g. pulse, temperature, blood pressure.
- You will be reviewed by the consultant to make sure you are well enough to commence Grazax that day and you still wish to proceed.
- A symptom chart of Allergic rhino-conjunctivitis (hay fever) will be completed.
- Consent will be obtained for the administration of Grazax.
- Grazax is a dissolvable tablet which is placed under the tongue and allowed to dissolve for one minute. Care should be taken not to swallow. After one minute you can swallow but you should not eat or drink anything for five minutes.
- You will then be observed for at least 60 minutes to observe for any possible reactions or side effects.
- The further management of your condition will be discussed with you by the consultant. On discharge you will be given a leaflet setting out what you need to do and be aware of while taking Grazax.

If you are unsure if you are able to commence Grazax at this time, are unwell, or have any questions please ring the allergy/asthma specialist nurses on 07984291824 or 07929744406  
email: [yhs-tr.paediatricallergyysth@nhs.net](mailto:yhs-tr.paediatricallergyysth@nhs.net)

## **Tell us what you think of this leaflet**

We hope that you found this leaflet helpful. If you would like to tell us what you think, please contact: 01904 721356 (answer machine only),  
yhs-tr.paediatricallergyysth@nhs.net

## **Patient Advice and Liaison Service (PALS)**

PALS offers impartial advice and assistance to patients, their relatives, friends and carers. We can listen to feedback (positive or negative), answer questions and help resolve any concerns about Trust services.

PALS can be contacted on 01904 726262, or email  
yhs-tr.patientexperienceteam@nhs.net

An answer phone is available out of hours.

## **Teaching, training and research**

Our Trust is committed to teaching, training and research to support the development of health and healthcare in our community. Healthcare students may observe consultations for this purpose. You can opt out if you do not want students to observe. We may also ask you if you would like to be involved in our research.

## **Leaflets in alternative languages or formats**

If you would like this information in a different format, including braille or easy read, or translated into a different language, please speak to a member of staff in the ward or department providing your care.

Patient Information Leaflets can be accessed via the Trust's Patient Information Leaflet website: [www.yorkhospitals.nhs.uk/your-visit/patient-information-leaflets/](http://www.yorkhospitals.nhs.uk/your-visit/patient-information-leaflets/)

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