

Discharge information after starting Grazax sub-lingual immunotherapy

Information for patients, relatives and carers

① For more information, please contact: Asthma / Allergy Specialist Nurses
07984 291824 or 07929 744406, yhs-tr.paedatricallergyysth@nhs.net

Following administration of the first dose of your Grazax sub-lingual immunotherapy there are a few things to be aware of:

How to take Grazax

- One Grazax tablet should be taken each day for the next 3 years.
- Where possible, try to take it at the same time each day.
- The tablet should be stored in a dry place.
- Always use a dry hand/finger to remove the Grazax table form the blister pack.
- Placed the tablet under the tongue and let it dissolve.
- Avoid swallowing for one minute after the tablet has dissolved.
- Do not eat or drink for five minutes after the tablet has dissolved.

Side effects

In the early stages of treatment, it is common to experience some side effects including oral (in the mouth) tingling/itching, mild tongue swelling, itchy throat or ears. These should resolve in one to two weeks. If you are finding the side effects unpleasant then an oral non-sedating antihistamine can be taken 30-60 minutes before to taking your Grazax table for the first one to two weeks of treatment to help reduce the side effects.

Contraindications

You need to continue taking Grazax daily as prescribed for the next three years. However, in that time you should stop taking it in the following situations:

- For seven days following oral surgery, including dental extraction
- For seven days after losing a tooth (baby tooth or adult tooth).
- If you have a mouth ulcer or open wound in the mouth or oral mucosa (the soft, wet membrane lining the mouth, including lips, cheeks and roof of the mouth), temporarily discontinue Grazax until area has healed
- If you have an exacerbation of your asthma or are experiencing an acute upper respiratory tract infection (sore throat or cold), or have a fever, temporarily stop taking Grazax until your infection has resolved.

If you have had to stop Grazax for **less** than 10-14 days, Grazax can be restarted at home and taken as normal. If Grazax has been stopped for **more** than 10-14 days, please contact the paediatric asthma/allergy nurses to discuss.

Female patients taking Grazax **must avoid becoming pregnant** while they are on treatment. If you do become pregnant then the treatment should be stopped.

You will be followed up yearly in the rhinitis clinic to monitor how you are getting on with Grazax.

If you have any questions following starting your sub-lingual immunotherapy, please contact the Paediatric Allergy / Asthma Specialist Nurses on 07984 291824 or 07929 744406

Email: 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)
Email: yhs-tr.paedatricallergyysth@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/

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