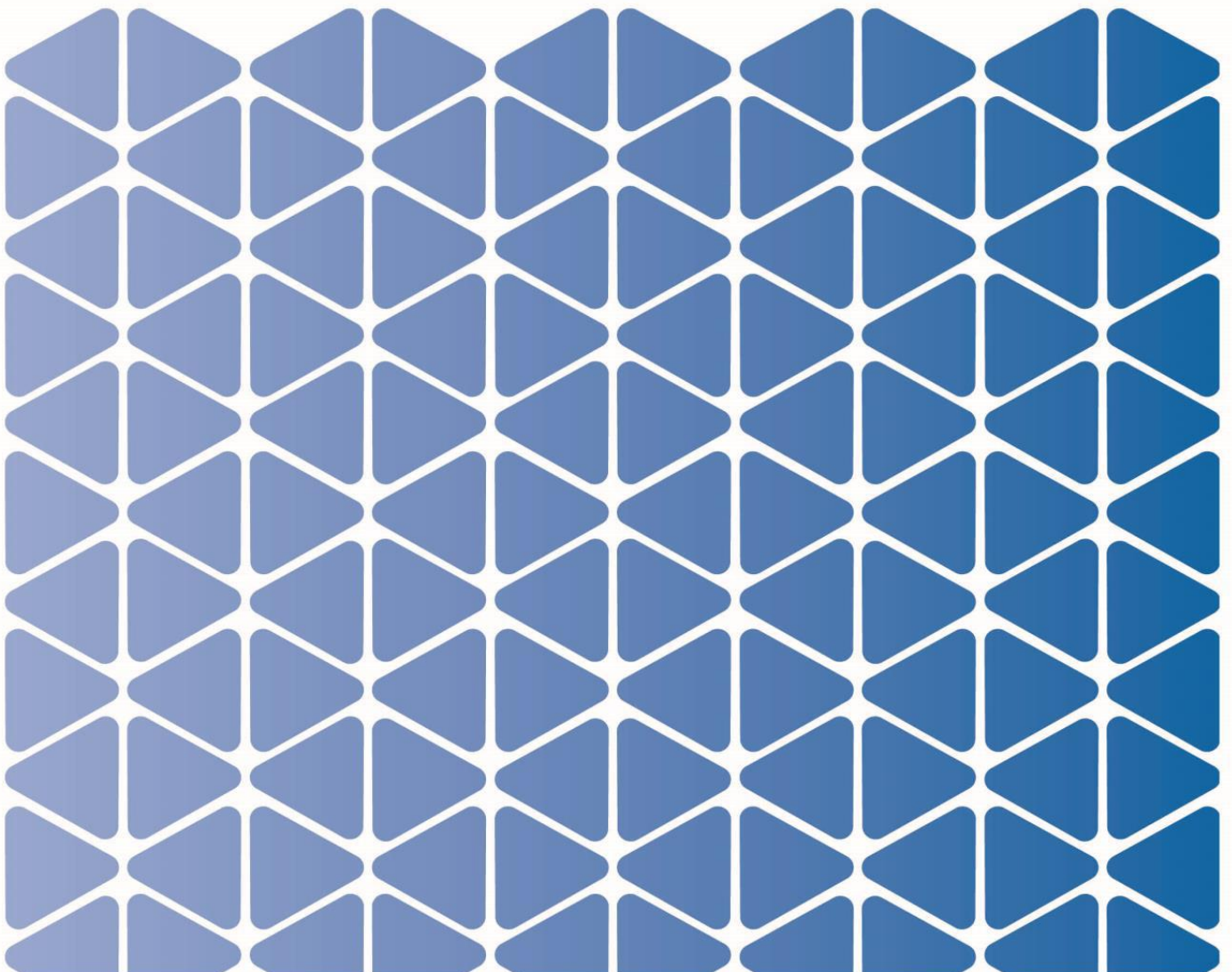




PATIENT INFORMATION

Your Sublingual Immunotherapy Treatment



Name:

DoB:

Date:

Trust No:

NHS No:

The name of your immunotherapy treatment is

Golden rules for daily sublingual immunotherapy:

- This medicine works best when it is taken every day
- Sublingual means under the tongue. It must not be swallowed
- Ideally, we recommend this medicine is taken in the morning
- Ensure you haven't eaten 5 minutes prior to taking
- The tablet should be taken from the blister unit with dry fingers, and immediately placed under the tongue, where it will dissolve (*not applicable if you are using the Oralvac Compact spray*)
- Swallowing should be avoided for 1-2 minutes.
- No food or drink for 5 minutes after taking your tablet
- Side effects of oral tingling, itchy throat or ears, or mild tongue swelling and itch should disappear after a couple of weeks after starting treatment. To ease on going discomfort, an antihistamine can be taken 30 minutes before taking your daily immunotherapy
- Continue taking your regular allergic rhinitis medicines (eye drops, nasal sprays and antihistamines) whilst taking your immunotherapy treatment
- Avoid strenuous exercise 1 hour before or after taking your immunotherapy
- If you forgot to take your tablet or spray, try to take it later in the day if possible, but otherwise just continue with your normal once-a-day routine. Do not take a double dose to make up for a forgotten dose
- Please keep a copy of the patient information included with your treatment as this will go into side effects in more detail
- Please contact us on the contact details below if you develop side effects listed in the medicines information leaflet.

Stop taking your sublingual immunotherapy if:

- You plan to have the flu vaccine that day. *Restart the next day*
- You have any oral surgery, like a tooth removal. *Restart once the area has healed*

- You have lost a 'milk tooth'. *Restart once the area has healed*
- You have oral ulcer or other trauma. *Restart once the area has healed*
- If you are unwell with a fever, or unwell enough to miss school or work. *Restart once you feel better and symptoms of illness resolved*
- If you have asthma and are experiencing an exacerbation of wheeze or have an upper respiratory tract infection causing wheeze. *Restart once you feel better and symptoms have resolved*

If you have not taken your immunotherapy tablet for more than 7 days please contact us on the details below to discuss restarting.

Repeat prescriptions

- When you have 3 weeks left of your last packet of tablets please contact us to prescribe some more.
- If you are using the Oralvac Compact spray please contact us when you open your second, red bottle.

You will need to provide your child's name and date of birth and name of immunotherapy. You will need to collect this from Worcester Royal Hospital or the Alexandra Hospital, Redditch. The pharmacy will contact you to inform you when it is ready to collect. They may leave a voicemail if they are not able to speak to you.

Contact details:

Email: wah-tr.paediatricallergy@nhs.net **Mobile:** 07564848464

Tel: 01527 503030 Ext. 44280 or, 01527 503892 Ext 43892

If your symptoms or condition worsens, or if you are concerned about anything, please call your GP, 111, or 999.

Patient Experience

We know that being admitted to hospital can be a difficult and unsettling time for you and your loved ones. If you have any questions or concerns, please do speak with a member of staff on the ward or in the relevant department who will do their best to answer your questions and reassure you.

Feedback

Feedback is really important and useful to us – it can tell us where we are working well and where improvements can be made. There are lots of ways you can share your experience with us including completing our Friends and Family Test – cards are available and can be posted on all wards, departments and clinics at our hospitals. We value your comments and feedback and thank you for taking the time to share this with us.

Patient Advice and Liaison Service (PALS)

If you have any concerns or questions about your care, we advise you to talk with the nurse in charge or the department manager in the first instance as they are best placed to answer any questions or resolve concerns quickly. If the relevant member of staff is unable to help resolve your concern, you can contact the PALS Team. We offer informal help, advice or support about any aspect of hospital services & experiences.

Our PALS team will liaise with the various departments in our hospitals on your behalf, if you feel unable to do so, to resolve your problems and where appropriate refer to outside help.

If you are still unhappy you can contact the Complaints Department, who can investigate your concerns. You can make a complaint orally, electronically or in writing and we can advise and guide you through the complaints procedure.

How to contact PALS:

Telephone Patient Services: 0300 123 1732 or via email at: wah-tr.PALS@nhs.net

Opening times:

The PALS telephone lines are open Monday to Friday from 8.30am to 4.00pm. Please be aware that you may need to leave a voicemail message, but we aim to return your call within one working day.

If you are unable to understand this leaflet, please communicate with a member of staff.