

# Grazax® Sublingual Immunotherapy

This leaflet is to be read in conjunction with the manufacturer's leaflet for Grazax® which will be provided with your supply of Grazax®. Copies are also available from [www.emc.medicines.org.uk](http://www.emc.medicines.org.uk)

This leaflet aims to answer some additional questions you may have about taking Grazax® tablets to treat your grass allergy. If you have any further questions or concerns, please speak to a doctor or nurse caring for you.

## What is Grazax® and what is it used for?

Grazax® is a hay fever treatment used to reduce allergic reactions to grass pollen. You may have been recommended this treatment if:

- You have a severe allergy to grass pollen.
- Your medication does not control your symptoms very well.

Grazax® contains a grass pollen allergen. When you take a Grazax® tablet you take a small dose of the grass allergen. By taking many small doses you can build up a tolerance to grass pollen. This reduces the symptoms of your allergic reaction.

## How do I take Grazax®?

Grazax® comes as a soft light tablet, which is to be taken once a day. The tablet should be taken out of its original pack with clean and dry fingers and then placed under the tongue for one minute, where it will dissolve. You may swallow after a minute but avoid eating or drinking for at least five minutes after taking the tablet.

## What should I do if I forget to take Grazax®?

If you forget to take Grazax® at your set time, you may take this as soon as you remember later that day. Do not take a double dose to make up for a missed dose. If the treatment was interrupted for more than one day, then you should inform us as soon as you can and we will be able to advise on what to do next.

## What happens when I start treatment?

An allergy specialist is the only person who can start your Grazax® treatment. He or she will give you your first dose and then monitor any side-effects before deciding whether it is appropriate for you to continue with the treatment. This will take approximately 90 minutes.

Treatment is typically started before the grass pollen season begins.

At your first appointment you will be given a three month supply of Grazax® tablets. The allergy nurse will then contact you a week later for a review over the telephone. There will be another telephone review in six weeks. Following this, if appropriate, you will be issued a further six month supply of Grazax® tablets which you will need to collect from hospital pharmacy.

If Grazax® is improving your symptoms you will continue taking it for three years.

## **Are there any side effects?**

The most common side effects of Grazax® treatment are:

Itching of the mouth, tingling sensation under the tongue, itching of the ears, sneezing, throat irritation, swelling of the mouth (most often the area under the tongue) and abdominal pain, vomiting and swelling of the lips. These symptoms are usually mild and short lived and are treated with antihistamines.

Rare but severe side effects include difficulty in breathing, swelling of the tongue, wheeze or persistent cough, tightness of throat, dizziness or loss of consciousness.

Therefore the Grazax treatment is started under medical supervision, so we can monitor side effects.

## **Can I take other medicines while I am taking Grazax®?**

Yes, you can take most other medicines including your usual treatment for hay fever and asthma. Please let us know about any medicines you currently take, including those prescribed for you and any you buy over the counter, including vitamins, supplements and herbal / alternative medicines. We will check through them to make sure that they are suitable to be taken with Grazax®.

## **Can I have vaccinations and other medical procedures?**

You can take Grazax® on the day of your vaccination if you are medically fit and well.

You should inform your physician that you are taking Grazax® therapy before you have any medical or dental procedures.

## **When should GRAZAX be stopped?**

Grazax should be stopped if any of the following happens:

1. Acute asthma attack
2. If you have infection / illness and are unwell enough to miss school
3. If you have fever

4. In case of oral surgery, including dental extraction or for young children who lose their milk teeth, treatment with Grazax® should be stopped for seven days to allow healing of the oral cavity.
5. Infection / inflammation / bleeding / wounds / ulcers in the mouth

You should always contact your clinic for advice on stopping and re-starting treatment.

## Pregnancy and breastfeeding advice

It is not known how Grazax® affects an unborn baby due to limited data on its use during pregnancy. It is therefore not recommended that women should be taking it during pregnancy.

If pregnancy occurs during your treatment with Grazax®, the therapy may be continued on an individual case basis. The physician will need to assess the general condition of the pregnant woman and whether the treatment had been previously well tolerated. Please contact your physician if you become pregnant or think that you have become pregnant during treatment.

There is no information available on whether Grazax® is found in breast milk or not. It is therefore not recommended to commence treatment whilst breastfeeding. Please speak to your physician for further advice.

## Pharmacy Medicines Helpline

If you have any questions or concerns about your medicines, please speak to the staff caring for you or call our helpline.

**Tel:** 020 8725 1033 10am to 4:30pm, Monday to Friday

**For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit [www.stgeorges.nhs.uk](http://www.stgeorges.nhs.uk)**

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## Additional services

### Patient Advice and Liaison Service (PALS)

PALS can offer you advice and information when you have comments or concerns about our services or care. You can contact the PALS team on the advisory telephone line Monday, Tuesday, Thursday and Friday from 2pm to 5pm.

A Walk-in service is available:

Monday, Tuesday and Thursday between 10am and 4pm

Friday between 10am and 2pm.

Please contact PALS in advance to check if there are any changes to opening times.

The Walk-in and Advisory telephone services are closed on Wednesdays.

PALS is based within the hospital in the ground floor main corridor between Grosvenor and Lanesborough Wing.

**Tel:** 020 8725 2453 **Email:** [pals@stgeorges.nhs.uk](mailto:pals@stgeorges.nhs.uk)

### **NHS Choices**

NHS Choices provides online information and guidance on all aspects of health and healthcare, to help you make decisions about your health.

**Web:** [www.nhs.uk](http://www.nhs.uk)

### **NHS 111**

You can call 111 when you need medical help fast but it's not a 999 emergency. NHS 111 is available 24 hours a day, 365 days a year. Calls are free from landlines and mobile phones.

**Tel:** 111

### **AccessAble**

You can download accessibility guides for all our services by searching 'St George's Hospital' on the AccessAble website ([www.accessable.co.uk](http://www.accessable.co.uk)). The guides are designed to ensure everyone – including those with accessibility needs – can access our hospital and community sites with confidence.



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