

Sublingual Immunotherapy (SLIT)

Acarizax (Dust Mites)/Grastek (Grass)/Ragwitek (Ragweed)/Itulatek (Birch)

- Allergen tablet that melts under tongue: like taking allergy shots except in tablet form
- Take **DAILY** 3 months before and during season OR all year round
- First dose EVERY season to be done in clinic (to make sure there is no reaction)
- **Can stop after 3-5 years**
- Acarizax start any time, Grastek start in February, Ragwitek start in May, Ituletek in November/Dec

How To Take It:

- Your **first dose every season will be given in the clinic. You must stay in the office for 30 minutes** after the dose to ensure prompt treatment in case of a reaction.
- Your maintenance doses will be 1 tablet daily taken at home.
- **Taken under tongue.** It should be **held there for 1 minute** to allow it to dissolve. **DO NOT CHEW OR SWALLOW WHOLE.**
- **No eating or drinking 5 minutes after taking the tablet,** you may take other medications
- IF YOU MISS A DOSE: If you miss a dose continue the treatment with 1 tablet daily, **DO NOT TAKE MORE THEN 1 TABLET DAILY TO MAKE UP DOSES MISSED**
- If you are uncertain if you took your dose or not, it is safer to skip the dose rather than take 2 doses in a day
- If realize you have missed your dose within 6 hours of your next dose, skip it.
- If you have **missed 7 or more days, you must return to clinic to take your next dose.**

When To Take It:

- For adults: Best time to take it is in the morning prior to eating.
- For children: Best time to take it is daily after school (before supper). Ensure adult supervision is available for 30min after each dose.
- It is important to take this medication daily when you are well. **If you develop a fever or asthma exacerbation, stop taking the tablet.** You can resume your treatment when you are well. If it has been 7 or more days since your last dose, contact our office to take your next dose in clinic.
- If you have any **cuts/sores inside our mouth you need to miss your dose.**

Possible Side Effects:

- Usually these symptoms will disappear over the course of the treatment (usually by 2 weeks)
- 1/3 of patients can get **local symptoms** including: Itching in mouth, eyes, ears, tongue, irritation of the throat, mouth swelling and in children cough
- Although these symptoms are uncomfortable, they are not life threatening.
- Can treat with 2nd generation antihistamines (not Benadryl)

*** If you experience the following call 911 and go straight to emergency:

throat tightening, shortness of breath, generalized hives, generalized itching flushing, nausea/vomiting/diarrhea immediately after taking your dose ***

Dr. Ellie Tsai

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