

Taking Itulazax® for severe birch pollen allergy

Asthma and Allergy service

Information for Patients

Produced: December 2023

Review: December 2026

Leaflet number: 1455 Version: 1

You should read this leaflet together with the manufacturer's leaflet for Itulazax®.

You will get a copy of the manufacturer's guide with your supply of Itulazax®.

What is Itulazax® and how is it taken?

Itulazax® is used to treat birch tree family pollen allergy in adults who are living with moderate to severe symptoms– even when taking other symptom relieving medications, such as antihistamine tablets, nose sprays and eye drops.

- 1 tablet a day for 3 years is the recommended dose.
- At your 1st appointment you will be given a prescription for 4 week supply of Itulazax® tablets. You must take this to the hospital pharmacy (Trustmed Pharmacy).
- Please take your tablet every single day (at the same time) even when you are well. Please read the manufacturer's leaflet for instructions on how to take Itulazax®.
- You should keep on taking all your medicines like antihistamines, nasal spray and eye drops as normal after starting Itulazax®.
- If you forget your Itulazax® tablet, take it later that same day but do not take more than 1 tablet on any 1 day.
- In most cases, people start to feel better with their symptoms during pollen season after taking Itulazax every day.

**Health information and support is available at www.nhs.uk
or call 111 for non-emergency medical advice**

Visit www.leicestershospitals.nhs.uk for maps and information about visiting Leicester's Hospitals
To give feedback about this information sheet, contact InformationForPatients@uhl-tr.nhs.uk

Who should not take Itulazax?

Do not take Itulazax if:

- You have uncontrolled asthma
- You are pregnant or breast feeding

Itulazax may not be suitable if:

- You have a condition that affects your immune system
- You have cancer
- You had a severe allergy to injection immunotherapy before

What should I do if I have a reaction to Itulazax®?

Call 999 for urgent help if you suffer any serious side effects. Do not take any more Itulazax®.

Examples of **serious** effects are:

- Difficulty in swallowing
- Difficulty in breathing
- Change in your voice (hoarse voice)
- Rash and itching of the skin
- Rapid swelling of face, mouth, throat or skin

Please check the manufacturer's leaflet for more information on possible side effects. You should expect some mild to moderate local allergic reactions in the first few days. These usually start 5 to 10 minutes after taking the Itulazax and only last a few minute or hours. They should lessen over 1 to 3 months as you continue treatment.

If any side effects are worrying you or causing you problems please contact us.

Examples of very common and common side effects are:

- Itching of the ears, mouth or tongue
- Swelling of the mouth
- Irritating feeling in the throat
- Prickling sensation of the mouth
- Runny nose, cough, dry throat
- Altered taste
- Oral allergy syndrome (itching and/ or swelling in the mouth and throat after eating certain raw vegetables, fruits or nuts)
- Mouth blisters and mouth discomfort

Other reasons to stop Itulazax®

- You should stop Itulazax for a limited time if you have problems with your mouth, such as soreness, bleeding, infections or have had dental treatment. Restart after your mouth is totally healed.
- You have an infection which makes you feel unwell or gives you a high temperature
- Your consultant may stop your this treatment if you do not take it as directed or if you do not attend your follow-up appointments.

If you need to stop Itulazax®:

- For 1 week or less, you can restart at home but please call the nursing team on 0116 258 3557 to tell us why you had stopped and for how many days.
- For more than 1 week, you must call and speak to the nursing team before restarting your treatment. You may have to restart treatment back in the hospital.

How do I order more prescriptions of Itulazax®?

A Shared Care Agreement is an agreement between you, your GP and your hospital consultant. The agreement means that you can keep on taking the medication your doctor has prescribed instead of going to the hospital to pick it up.

Once your GP has agreed to the Shared Care Agreement, the GP will be able to prescribe the Itulazax® for you. Remember to ask for new prescriptions from your GP so that there are no gaps in your treatment.

If your GP has **not agreed** to a SCA you will need to collect your medicine from the hospital pharmacy (Trustmed Pharmacy). Please call us (nurses) at the hospital on 0116 258 3557 for your first order when you have 2 weeks supply left. The nurses are not able to order more treatment until they have spoken to you. Trustmed Pharmacy will call you when your medication is ready for you to pick up.

When will I have follow-up appointments?

You will be reviewed by our allergy consultants every year.

You will also have follow-up appointment with our allergy nurses once a year.

At these appointments, you will be

- checked to see how you are doing with the treatment
- told whether the treatment needs to carry on or not

If your symptoms do not improve after the first season, your consultant may stop the treatment. If your symptoms improve with Itulazax and you take it regularly, you will carry on being on this treatment for 3 years.

Contact details:

Asthma and Allergy nurses: 0116 258 3557

Monday to Friday, 8am to 4.00pm (message can be left on our answerphone when we are not available and we will call you back). Please speak to nursing team to order your medication.

Please find more information on allergies on Allergy UK website: www.allergyuk.org

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔
على هذه المعلومات بلغة أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل

જો તમને અન્ય ભાષામાં આ માહિતી જોઈતી હોય, તો નીચે આપેલ નંબર પર કૃપા કરી ટેલિફોન કરો

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਭਾਸ਼ਾ ਵਿਚ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਹੇਠਾਂ ਦਿੱਤੇ ਗਏ ਨੰਬਰ 'ਤੇ ਟੈਲੀਫੋਨ ਕਰੋ।

Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

Previous reference:

If you would like this information in another language or format such as EasyRead or Braille, please telephone 0116 250 2959 or email equality@uhl-tr.nhs.uk