

# Taking Grazax<sup>®</sup> for hay fever

Asthma and Allergy Service

Information for Patients

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This leaflet should be read together with the manufacturers leaflet for Grazax<sup>®</sup>. A copy of the manufacturer's leaflet will be given to you with your supply of Grazax<sup>®</sup>. Copies are also available from [www.medicines.org.uk/emc/](http://www.medicines.org.uk/emc/)

## What is Grazax<sup>®</sup> and how is it taken?

Grazax is a hay fever treatment used to reduce allergic reactions to grass pollen.

- It is a fixed-dose daily treatment for **3 years**.
- At your first appointment you will be given a 4 week supply of Grazax tablets.
- **It is important to take 1 tablet every single day when you are well.** Please refer to the manufacturer's leaflet for instructions on how to take.
- Continue your antihistamine tablets for 2 weeks after starting Grazax.
- If you forget a Grazax tablet, take it later that day, otherwise continue with the normal one-a-day routine. Don't take a double dose in 1 day.
- If you are on a shared care agreement (SCA) remember to **request 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 further supplies from the hospital. Please call us at the hospital on 0116 258 3557 to order more when you have 2 weeks supply left, and you will be sent an appointment to collect on a Tuesday morning at Glenfield hospital.

**Health information and support is available at [www.nhs.uk](http://www.nhs.uk)  
or call 111 for non-emergency medical advice**

Visit [www.leicestershospitals.nhs.uk](http://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](mailto:InformationForPatients@uhl-tr.nhs.uk)

You will be reviewed in clinic at the end of the pollen season each year. At this appointment the consultant will assess the progress of your treatment and let you know if the treatment needs to continue. If Grazax is improving your symptoms you will continue taking it for 3 years. If your symptoms do not improve at the end of each pollen season, your consultant may stop the treatment.

## Who is Grazax not suitable for?

### Grazax is not suitable if:

- you have uncontrolled asthma.
- you are pregnant or breast feeding.

### Grazax may not be suitable if:

- you are allergic to fish.
- you have illness which affects the immune system.
- you have cancer.

## What should I do if I have a reaction to Grazax?

**If you experience any potentially severe side effects, you should seek emergency treatment by dialling 999. Do not take any more Grazax. Examples of severe side effects include:**

- difficulty swallowing
- difficulty breathing
- rash
- change in your voice
- itchy palms, head or hands
- severe dizziness

Please refer to the manufacturer's leaflet for more information on side effects.

If you are experiencing **mild side effects** it is important that you call to tell us on 0116 258 3557 (Monday to Friday). If it happens out of office hours, stop taking Grazax until you can speak to us. Examples of mild side effects include:

- itching of ears
- sneezing
- swelling or itching under tongue (where the Grazax tablet is put)
- runny nose

## What other reasons should I stop Grazax?

### You should temporarily stop Grazax if:

- you have problems with your mouth including soreness, bleeding and 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.
- you are having any vaccinations - do not take Grazax on the same day of your vaccination.

### If you need to stop Grazax:

- **for 1 week** - it can be restarted at home but please call the nurse on **0116 258 3557** to tell us why it has been stopped and for how many days.
- **for between 1 and 4 weeks** - you **must** call the nurse to tell us and get instructions for starting again.
- **for more than 4 weeks** - **it is not safe to be restarted at home.**  
Please call the nurse to tell us why it has been stopped and for how many days. If appropriate, it can be restarted in clinic but only after being discussed with your doctor.

## Contact details

Asthma and Allergy Nurse: 0116 258 3557 - Monday to Friday, 8am to 4.30pm (messages can be left on our answerphone out of hours or when we are unavailable).

## Further information

Useful website: [www.allergyuk.org](http://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

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

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