# Taking Acarizax® for severe house dust mite allergy

Adult Allergy Service

Information for Patients

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

A copy of the manufacture's leaflet with your supply of Acarizax®. Copies are also available from www.medicines.org.uk/emc/

## What is Acarizax® and how is it taken?

Acarizax® is used to treat people with allergic rhinitis. This is when you have inflammation on the lining of the nose which can cause a blocked or runny nose. Acarizax® is for adults who are living with moderate to severe symptoms, despite taking other symptom relieving medications, such as antihistamine tablets, nose sprays and eye drops.

- You will be prescribed the same dose. You take it every day for 3 years.
- At your 1st appointment you will be given a prescription for an 8 week supply of Acarizax® tablets.
- You should take your antihistamine tablets (if not already taking) on the day you start and for 2 weeks after starting Acarizax®.
- Please take **your tablet every single day** (at the same time) even when you are well. Please read the manufacture's leaflet for instructions on how to take Acarizax®.
- You should **keep on taking** all your medicines like antihistamines, nasal spray and eye drops after starting Acarizax®.
- If you forget your Acarizax® tablet, take it later that day. If you forget that day then continue with the 1 a day routine on the next day. **Do not take 2 doses** in 1 day.
- In most cases, people start to feel better after taking Acarizax® once a day after 2 to 3 months.

## Who should not take Acarizax®?

**Do not take Acarizax® if:**

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

**Acarizax® may not be suitable if:**

- You are allergic to fish or do not eat fish.
- You have a condition that affects your immune system.
- You have had a severe asthma attack in the last 3 months.
- You have cancer.
- You have previously had a severe reaction to injection house dust mite allergy immunotherapy.

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

If you have any severe side effects, you should get emergency treatment by **dialling 999.**

**Do not take anymore Acarizax®.** Examples of severe side effects include:

- Difficulty in swallowing.
- Difficulty in breathing.
- Change in your voice (hoarse voice).
- Rapid swelling of face, mouth, throat or skin.
- Severe dizziness.

Please check the manufacture'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 often start 5 to 10 minutes after taking the Acarizax® and only last a few minutes or hours. These should lessen over the first few months as you continue treatment.

**If any side effects are worrying you or causing you problems please contact us. Do not take any more doses until you have spoken to the allergy nurses.**

Examples of very common and common side effects are:

- Itching of the mouth and ears,
- Sneezing,
- Swelling or itching under the tongue (where the Acarizax® tablet is put),
- Runny nose,

## Other reasons to stop Acarizax®

- You should stop Acarizax® 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.
- You are having any vaccination. Do not take Acarizax® on the same day of your vaccination.
- Your consultant may stop your treatment if you do not take it as directed or if you do not attend your follow up appointments.

**If you need to stop Acarizax®:**

- **For 1 week or less:** you can restart at home but please call the nursing team 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 hospital.
- **For more than 4 weeks:** it is not safe to restart at home. Please call the allergy nurses to tell us why it has been stopped and for how many days. If suitable, it can be re-started in clinic but only after being talked about with your doctor.

## How do I order more prescriptions of Acarizax®?

A Shared Care Agreement (SCA) 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, but you will need to collect it from your local pharmacy instead of going to the hospital to pick it up.

Once your GP has agreed to the SCA, the GP will be able to prescribe the Acarizax® 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 the allergy nurses at the hospital to order more 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 yearly by a member of the allergy team.

At these appointments, you will be:

- checked how you are doing with the treatment.
- advised if the treatment needs to carry on or not.
- your consultant may stop this treatment if you do not take it as directed, or your symptoms do not improve, or if you do not attend your follow-up appointments.

If you get better with Acarizax® and you take it regularly, you will carry on being on this treatment for 3 years.

## Contact details:

Allergy nursing service contact details for patients started at and under the care of:

- Glenfield Hospital: **0116 258 3557**
- Leicester General Hospital: **0116 258 6702** or **0116 258 6711**

Monday to Friday, 8am to 4.00pm (messages 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

Health information and support is available at www.nhs.uk or call 111 for non-emergency medical advice
Visit www.uhleicester.nhs.uk for maps and information about visiting Leicester's Hospitals.
To give feedback about this information sheet, contact uhl-tr.informationforpatientsmailbox@nhs.net

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہِ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔
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إذا كنت ترغب في الحصول على هذه المعلومات بلغةٍ أُخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل
Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu
જો તમને અન્ય ભાષામાં આ માહિતી જોઈતી હોય, તો નીચે આપેલ નંબર પર કૃપા કરી ટેલિફોન કરો.

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

**We are a research hospital and you may be asked to take part in research**



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