

# Taking Oralvac<sup>®</sup> for severe allergies

## Asthma and Allergy Service

Information for Patients

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**This leaflet should be read together with the manufacturers leaflet for Oralvac<sup>®</sup> Compact. A copy of the manufacturer's leaflet will be given to you with your supply of Oralvac<sup>®</sup>.**

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

Oralvac is a treatment used to reduce severe allergic reactions when other medication has not worked very well to control your symptoms. Allergies may be from house dust mite, tree and/or grass pollen.

- It is taken once a day after a meal, by pumping drops under your tongue. The liquid should be kept under your tongue for 1 to 2 minutes and then swallowed.
- Your treatment will include 2 stages. The first stage (known as the 'up-dosing phase') increases the dose each day for 10 days. The second phase (maintenance phase) involves taking the same dose every day for the rest of the course.
- You should take it every day **when you feel well**.
- **Take your regular anti-allergy tablet (antihistamines) for the first 2 weeks to minimise the common side effects or allergy symptoms from this treatment.**
- Each 'maintenance pack' comes with 2 bottles; each bottle should last 2 months.
- It is a very expensive treatment.

**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)

## How do I order more before I run out?

When you start your last bottle of Oralvac, please call the nurse on 0116 258 3557 (Monday to Friday, 8.30am to 4pm) to order more. If you do not let us know at this time, there could be a delay in you getting a further supply before you run out.

Once your treatment has arrived in our pharmacy, you will be sent an outpatient appointment which will be face-to-face in our nurse clinic. This will be on a Tuesday morning at Glenfield Hospital. Once the nurse has completed your assessment, you will be directed to the hospital pharmacy to collect your treatment.

## How will the treatment be reviewed?

Each time you pick up your new supply of Oralvac the nurse will check with you if it is making your symptoms better.

You will be reviewed in clinic each year by the consultant to assess the progress of your treatment and let you know if it needs to continue. If Oralvac is improving your symptoms you will continue taking it for 3 years. If your symptoms have not improved this treatment may be stopped.

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

**If you have any potentially severe allergic side effects, you should seek emergency treatment by dialling 999. Do not take any more Oralvac. Examples of severe allergic 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 Oralvac until you can speak to us. Examples of mild side effects include:

- itching of ears
- sneezing
- swelling or itching under tongue (where drops are put)
- runny nose

## What other reasons should I stop Oralvac?

### You should stop Oralvac but can restart if:

- you have had problems with your mouth including soreness, bleeding, mouth ulcer, infections, a tooth removed, or dental treatment that breaks the skin/gums - only restart once totally healed.
- you have an infection which makes you feel unwell or gives you a high temperature - only restart once all your symptoms have gone.
- you are having any vaccinations, such as for flu - you should not take Oralvac on the day of your vaccination.
- you exercise - do not take Oralvac for 1 hour before or after exercise.

### You should stop Oralvac and contact us to discuss restarting if:

- you have had an asthma attack.
- you have cancer.
- you are pregnant or breast feeding.
- you have an illness which affects the immune system.

### If you need to stop Oralvac:

- **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, 8.30am to 4pm (messages can be left on our answerphone out of hours or when we are unavailable).

## Further information

Useful websites:

[www.allergyuk.org](http://www.allergyuk.org)

[www.allergytherapeutics.com](http://www.allergytherapeutics.com)

[www.asthma.org.uk](http://www.asthma.org.uk)

If you have any questions, write them down here to remind you what to ask when you speak to your nurse/ doctor/ consultant:

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اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔  
 على هذه المعلومات بلغةٍ 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 nizej numer telefonu

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](mailto:equality@uhl-tr.nhs.uk)