

Taking Oralvac[®] 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[®] Compact. A copy of the manufacturer's leaflet will be given to you with your supply of Oralvac[®].

What is Oralvac[®] and how is it taken?

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

- You take it once a day by pumping drops under your tongue. You need to keep this liquid under your tongue for 1 to 2 minutes. You can then swallow it.
- Your treatment will have 2 stages:
 - **Stage 1 (up-dosing phase):** you will increase your dose each day for 10 days.
 - **Stage 2 (maintenance phase):** you will then take the same dose every day for the rest of the treatment.
- You should take it every day **when you feel well.**
- **Take your regular anti-allergy tablet (antihistamines) for the first 2 weeks to reduce the common side effects or allergy symptoms from this treatment.**
- Each maintenance pack comes with 2 bottles. Each bottle should last 2 months.
- You should keep on taking all your medications like antihistamines, nasal spray and eye drops as normal after starting Oralvac[®].
- It is a very expensive treatment.

**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

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 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 told to go 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.

We will review you in clinic each year to assess the progress of your treatment. It will also let us know if you need to continue treatment. If Oralvac is improving your symptoms you will continue taking it for 3 years. If you do not take it as directed or if your symptoms have not improved this treatment may be stopped.

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

You should call 999 if you have any serious allergic side effects like:

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

Do not take any more Oralvac.

Please look at the manufacturer's leaflet for more information on side effects.

If you have **mild side effects**, call **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 like 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 (for example for flu). You should not take Oralvac on the day of your vaccination.
- You exercise. Do not take Oralvac 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. You must 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 speaking 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).

More information

Useful websites:

www.allergyuk.org

www.allergytherapeutics.com

www.asthmaandlung.org.uk

