

Taking Grazax[®] for hay fever

Adult Allergy Service

Information for Patients

Last reviewed: November 2024

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You should read this leaflet together with the manufacturer's leaflet for Grazax[®].

A copy of the manufacturer's leaflet will be given to you with your supply of Grazax[®]. Copies are also available from www.medicines.org.uk/emc/

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

Grazax is used to treat people with hay fever, to reduce allergic reactions to grass pollen in adults who are living with persistent 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 will take it every day for 3 years.
- At your 1st appointment you will be given a prescription for 4 week supply of Grazax[®] tablets.
- You should take your antihistamine tablets (if not already taking) on the day you start and for 2 weeks after starting Grazax[®].
- 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 Grazax[®].
- You should **keep on taking all** your medicines like antihistamines, nasal spray and eye drops as normal after starting Grazax[®].
- If you forget a Grazax[®] tablet, take it later that day. If you forget that day than continue with the one a day routine on the next day. Do not take a double dose in 1 day.
- In most cases, people start to feel better with their symptoms during the pollen season after taking Grazax[®] 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 Grazax?

Do not take Grazax if:

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

Grazax 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 cancer
- You have had a severe reaction to the injection grass pollen immunotherapy before

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

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

You should expect some mild to moderate local reactions for the first few days. These usually start 5 to 10 minutes after taking Grazax. They only last a few minutes or hours. They should lessen after 1 week in most patients.

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 ears, mouth or tongue
- Sneezing
- Swelling or itching under tongue (where the Grazax tablet is put)
- Runny nose

Other reasons to stop Grazax?

- You should stop Grazax 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 vaccinations. Do not take your Grazax on the same day as your vaccination.
- 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 Grazax:

- 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 the 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 appropriate, it can be re-started in clinic but only after being discussed with your doctor.

How do I order more prescriptions of Grazax?

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 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 Grazax 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 treatment from the hospital pharmacy (Trustmed Pharmacy). Please call the allergy nurses at the hospital for your 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
- 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 Grazax 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

Allergy nursing service contact details for patients started at and under the care of Leicester General Hospital 0116 258 6702 or 0116 258 6711

Monday to Friday, 8am to 4pm (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.

Further information

Please find more information on allergies on [Allergy UK](http://www.allergyuk.org) 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 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 niżej 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