



Patient Information on Sublingual Allergy Immunotherapy with Tablets or Drops* (SLIT)

Dear Patient,

Our allergy tests have shown that you suffer from an allergy.

An allergy is a hypersensitivity reaction of your immune system to specific substances, such as those found in pollen, mites, animal dander or mould, also known as allergens. Since it is difficult to avoid these triggers in everyday life, we offer allergy immunotherapy (also known as desensitisation) treatment.

The goal of allergy immunotherapy is for your immune system to become accustomed to the relevant allergen. This makes your immune system less sensitive to the allergens; some also say it strengthens the immune system. To achieve this, allergy immunotherapy deliberately and regularly exposes the immune system to the allergens that cause allergic reactions. This is done by placing the allergens in the form of tablets or drops under the tongue daily.

Allergy immunotherapy is the only treatment that directly influences the immune system and addresses the cause of the allergy, as opposed to antihistamines and other anti-allergy drugs. According to the position paper of the World Health Organization (WHO), allergy immunotherapy is the only treatment that can prevent what is known as a "change in level": the progression of allergic rhinitis to asthma, as well as the occurrence of new allergies.

We have agreed to prescribe sublingual (sublingual = under the tongue) allergy immunotherapy in the form of drops or tablets to treat your allergy in a long-term and sustainable way. The drops or tablets must be placed under the tongue daily. The tablets dissolve there within a few seconds.

WHY DO I HAVE TO PLACE THE TABLET UNDER MY TONGUE?

There are many immune cells in the mucous membrane of the mouth. When you place the tablet under your tongue, these immune cells interact with the active ingredient. The active ingredient is then very specifically absorbed through the mucous membrane of the mouth. After you have placed the tablet under your tongue, you should not swallow for one minute. You should also not eat or drink anything for five minutes.

WHAT COMPLAINTS CAN ARISE FROM THE TREATMENT?

Since the tablet contains the allergens that you are allergic to, it's possible that you may experience mild discomfort after taking it. Do not worry, this is normal and happens very often. Itching or mild swelling under the tongue may occur. These mostly mild complaints are actually a good sign. They let you know that the immune system is engaging with the active ingredient. Usually, the discomfort goes away shortly after taking the tablet. If you continue taking the tablet daily, you will notice that as the therapy progresses, the initial complaints become less and less – your immune system is learning to tolerate the allergens!

If you develop severe complaints, you should seek medical attention immediately. These include, for example:

- Severe itching all over the body
- Severe discomfort
- Severe inflammation or swelling in the oral cavity or a feeling of shortness of breath.

Such severe complaints are very rare. If you get other illnesses during the treatment period, talk to your doctor. Difficult dental treatments or inflammation of the oral cavity can affect absorption of the active ingredient. In such a case, you should interrupt the treatment until the wound in the mouth has completely healed. The complaints can be alleviated by placing an ice cube under your tongue for a short time or drinking a glass of water beforehand, which cools the mucous membrane and makes it somewhat less sensitive.

If you do not notice any improvement in your allergic complaints after a year, talk to your doctor about whether it makes sense to continue the treatment. However, if the complaints subside, this does not mean that the treatment has already been successful. Even then, the treatment must be carried out until the end.

WHY IS IT IMPORTANT TO CONTINUE THE TREATMENT FOR THREE YEARS?

The treatment should be carried out for three years according to general recommendations. Only through continuous intake can your immune system have the chance to become long-term accustomed to the allergens.

Some people stop their treatment too early. They no longer have complaints, for example, and believe that their immune system has learnt faster. Others have complaints and believe their immune system will never learn. The treatment only works if it is carried out over the complete treatment period!

THE DAILY INTAKE OF THE DROPS/THE TABLET IS THE BASIS FOR THE SUCCESS OF YOUR THERAPY

Therefore, use reminders to help you remember to take your medication. Place the tablet, for example, in a location where you will be reminded of its intake every day or set up a daily reminder on your smartphone. Also, think ahead for your follow-up prescription. It's best to schedule the next three appointments during a visit to the doctor. This way, you won't run the risk of running out of tablets/drops.

If you are unsure whether to continue your treatment, talk to your doctor. Ask all questions you have about your allergy immunotherapy.

WHAT HAPPENS IF I INTERRUPT THE TREATMENT?

If you forget to take the tablets/drops or cannot take them for other reasons, you can usually just continue the treatment. However, if the treatment is interrupted for longer than a week, you should consult your doctor on how best to proceed.

COMORBIDITIES AND THE INTAKE OF CERTAIN MEDICATIONS

Allergy immunotherapy is unfortunately not possible if you have certain pre-existing conditions or are taking certain medications. Unfortunately, in cases of severe cardiovascular diseases, severe asthma with restricted lung function, immune disorders, severe inflammation in the mouth, cancer, as well as the use of immunosuppressants, allergy immunotherapy cannot be performed. Further information can be found in the package leaflet of your medication.

Special caution is necessary

- if a surgical procedure has been performed in the mouth, e.g. a tooth has been pulled.
- if in children a baby tooth has fallen out.
- if in children with asthma an infection of the upper airways occurs.
- if a severe side effect has occurred during a previous allergy treatment with the allergen.

The following points must also be observed for successful treatment:

- If unusual or even the known complaints intensify, you should contact your treating doctor immediately.
- Please make sure to keep your appointments to ensure a timely follow-up prescription for your medication. To achieve optimal and long-lasting therapeutic success (beyond the end of the therapy), a therapy duration of at least 3 years is recommended.
- The success of the therapy also depends on your adherence to the treatment (daily intake). The 3-year-long treatment requires a high degree of cooperation from you. Please only participate in the treatment if you are sure that you can carry out the therapy reliably.
- You should report newly occurring diseases, vaccination appointments, medications taken, pregnancy, extended holidays, new job/activities, etc.

The total costs of the diagnosis and therapy of immunotherapy are generally covered by health insurance if there is an appropriate indication.

WHERE CAN I GET FURTHER INFORMATION?

At www.allergiecheck.de, you can read further information on the topic of "Allergy Immunotherapy with Tablets/Drops". There are also many explanatory videos that summarise the most important information. Simply scan the QR code with your smartphone camera and find out more.



Feel free to ask us for patient brochures as well.

We wish you much success with your therapy.
Your practice team

PS:

You can also find further information about your allergen immunotherapy in various videos for patients, which can be accessed using the following QR code:



Health insurance company or payer		
Last name, first name of insured person		DOB
Health insurer no.	Insured person no.	Status
Institution no.	Doctor no.	Date

Declaration of consent for Sublingual Allergy Immunotherapy

I have read and understood the information about my allergic condition and the treatment options available. I have been informed by my treating doctor about the planned allergy immunotherapy and agree with the proposed form of therapy and the selected preparation. All questions I had about this treatment have been answered.

I have been informed by my treating doctor about possible side effects and am aware that a cure cannot be guaranteed with complete certainty. If side effects occur, I will contact my treating doctor. I will refer to the package leaflet for further information. My doctor remains available to me as a contact person.

I agree that my patient data may be processed by the practice of my specialist for the purpose of reminding me of scheduled appointments.

I consent to the recommended allergy immunotherapy.

Should I intend to stop the therapy before the recommended 3 years have elapsed, I will contact my doctor in advance.

Comments on the informed consent discussion:

Place, Date	Signature	Patient (or guardian)
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Place, Date	Signature	Doctor
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