

Having omalizumab injections for hives (chronic spontaneous urticaria)

Department of Asthma and Allergy

Information for Patients

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What is chronic spontaneous urticaria (CSU)?

Chronic spontaneous urticaria (CSU) is a skin condition that causes red, swollen, itchy and sometimes painful hives. It is described as spontaneous when symptoms are not triggered by an identified factor. Urticaria is defined as chronic when symptoms persist for 6 weeks or more.

Why am I being treated with omalizumab?

Your hives have not responded to treatment with antihistamines and other drugs, and you are still getting symptoms. Your doctor has advised that you have the drug omalizumab for the treatment of your hives.

What does this treatment involve?

Omalizumab is given as injections. A course of treatment normally involves 6 appointments at 4 weekly intervals.

During this treatment you should continue your current medication unless your doctor tells you otherwise.

You will need to be able to commit to attending a Thursday morning clinic every 4 weeks. At your first appointment, you will need to stay with us for 2 hours after the injection has been given, so we can check you have no reactions before letting you go home. At your following appointments, you will only need to stay for 30 minutes after your injection.

We will plan all 6 appointments from the start. Please arrange any holidays around the appointment dates you are given. We cannot give the injections more often than every 4 weeks, as this is not recommended.

Your response to this treatment will be checked by your doctor, or specialist nurse, over the 6 month period. If you are not responding to this treatment it may be stopped early.

**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

Is this treatment safe?

Trials for omalizumab in the treatment of CSU have shown an excellent safety record.

Some patients do experience headache, swelling of the sinuses (sinusitis), aching joints, cold-like symptoms, and soreness at the injection site. A life-threatening allergic reaction is rare, however it is the reason why we ask you to stay with us for a short time after your injection.

This treatment is not recommended during pregnancy and it is your responsibility to use suitable contraception whilst having treatment.

How do we decide whether omalizumab is working?

We will ask you to complete questionnaires about your symptoms, and we use this to check how you are responding to treatment.

Can I have further courses of treatment if I get symptoms again?

The treatment is stopped after 6 doses and a follow-up appointment is made, usually 2 months after your last injection. This break is an important part of the treatment plan, patients have found symptoms are easier to control on normal antihistamines after a course of omalizumab. During the treatment break, take at least 1 antihistamine tablet a day, as prescribed. Keep enough supplies in case you need to increase your dose back up to 4 times per day (or to the maximum dose recommended for you) should your symptoms return.

Please start recording your UAS7 scores for at least 2 weeks before your clinic follow-up appointment, so we can check the level of your symptoms. This is needed as part of the funding for omalizumab and is a national requirement as it is a high cost therapy. If your symptoms return before your arranged consultant appointment please send two weeks of UAS7 scores and photos of your CSU to email allergyimages@uhl-tr.nhs.uk.

A further course of treatment over 6 months may be given depending on the outcome of your follow-up appointment. If you require more courses of Omalizumab we will aim to give training in order for you to self administer the injections at home.

Who can I contact if I have any problems?

You can contact the Asthma and Allergy Nurse on: 0116 258 3557 (Monday to Friday, 8:30 am to 4.30pm), or contact your GP for advice if needed.

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على هذه المعلومات بلغة أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل
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Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

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