

Self-administration of omalizumab injections for hives (chronic spontaneous urticaria)

Asthma and Allergy

Information for Patients

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Introduction

Chronic spontaneous urticaria (CSU) is a skin condition that causes red, swollen, itchy and sometimes painful hives. You will have been treated for this in clinic with omalizumab, and are now moving to self-administration at home.

The nursing team will give you an omalizumab information pack which includes details about the drug and how to inject yourself. We will provide you with the equipment you will need.

Please also follow the instructions below:

- Keep taking your current medicine for CSU during omalizumab treatment.
- Tell us if you get any new health issues, or if you have been asked to start any new medication.
- We will give you a patient record form. Don't forget to fill this in as you have each injection.
- Make a note of when each injection is due, and make sure you check you have enough omalizumab at home.
- Every time you collect omalizumab from the hospital, bring a cool bag to put it in.
- You will need to monitor your fridge temperature, which should be between 2 and 8 degrees centigrade.

You will have review appointments with the nurse and doctor throughout your treatment.

What do I do if I prick myself with the needle?

Wash the area with soap under a running cold tap for 10 minutes. If there is bleeding, apply a cotton wool swab and maintain gentle pressure for 2 minutes until the bleeding stops. The bleeding will soon stop and any bruising will disappear.

Seek advice from your GP surgery if needed.

**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.

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

A life-threatening allergic reaction is rare, however you should be aware of the signs that you could be having a serious reaction where you need immediate hospital treatment.

Follow the advice below:

Call 999 if after the injection suddenly :

- You get a skin rash that may include itchy, red, swollen, blistered or peeling skin
- You have mouth, face, lips, tongue or throat swelling
- You get chest tightness, wheezing, trouble breathing or talking
- You feel confusion, light headedness
- You develop stomach pain, sickness, vomiting, diarrhea

You could be having a serious allergic reaction and may need immediate treatment in hospital.

While you are waiting for help

- Lie down flat, unless you have trouble of breathing.
- If you have difficulty breathing sit up instead
- Antihistamine medicines may provide relief for mild-moderate allergic reactions

Who can I contact if I have any problems?

You can contact the Asthma and Allergy Nurse on 0116 258 3557 (Monday to Friday, 9am to 4.30pm), or contact your GP for advice if needed.

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