

# Taking Acarizax® for severe house dust mite allergy

**Asthma and Allergy Service**

Information for Patients

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You should read this leaflet together with the manufacturer's leaflet for Acarizax®.

You will get a copy of the manufacture's leaflet with your supply of Acarizax®.

## What is Acarizax® and how is it taken?

Acarizax is used to treat people with serious allergic rhinitis (inflammation of the lining of the nose). This is when their symptoms are set off by house dust mites and cannot be controlled with usual treatment. (eg; antihistamine tablets, nose sprays, eye drops etc ).

- 1 tablet a day for 3 years is the recommended dose.
- At your 1st appointment you will be given a prescription for 4 week supply of Acarizax® tablets. You must take this to the hospital pharmacy (Trustmed Pharmacy).
- 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 Acarizax®.
- You should keep on taking all your medicine like antihistamines, nasal spray and eye drops after starting Acarizax®.
- If you forget your Acarizax® tablet, take it later that same day but do not take more than 1 tablet on any 1 day.
- In most cases, people start to feel better after taking Acarizax® every day for 8 to 14 weeks.

**Health information and support is available at [www.nhs.uk](http://www.nhs.uk)  
or call 111 for non-emergency medical advice**

Visit [www.leicestershospitals.nhs.uk](http://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](mailto:InformationForPatients@uhl-tr.nhs.uk)

## Who should not take Acarizax® ?

Do not take Acarizax if;

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

Acarizax 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

## What should I do if I have a reaction to Acarizax® ?

Call 999 for urgent help if you suffer any serious side effects. Do not take any more Acarizax®.

Examples of **serious** side effects are:

- Difficulty in swallowing
- Difficulty in breathing
- Change in your voice (hoarse voice)
- Rash and itching of the skin
- Rapid swelling of face, mouth, throat or skin

Please check the manufacture's leaflet for more information on possible side effects. You should expect some mild to moderate local allergic reactions in the first few days. These usually start 5 minutes after taking and only last a few minutes or hours. They should lessen over 1 to 3 months as you continue treatment.

**If any side effects are worrying you or causing you problems please contact us.**

Examples of very common and common side effects are:

- Irritating feeling in the throat
- Swelling of the mouth and lips
- Itching of the mouth, ears and eyes
- Swelling of the tongue and throat
- Redness in the mouth or mouth ulcers

## Other reasons to stop Acarizax®

- You should stop Acarizax 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.
- Your consultant may stop 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 Acarizax®:

- For 1 week or less, you can restart at home but please call the nursing team on 0116 2583557 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 the treatment back in the hospital.

## How do I order more prescriptions of Acarizax® ?

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 Shared Care Agreement, the GP will be able to prescribe the Acarizax® 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 medicine from the hospital pharmacy (Trustmed Pharmacy). Please call us at the hospital on 0116 258 3557 to order more 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 appointments with the allergy nurses 2 times a year.

At these appointments, you will be

- checked how you are doing with the treatment.
- told whether the treatment needs to carry on or not.

If you do not get better at the end of the 1st year, your consultant may stop the treatment.

If you get better with Acarizax® and you take it regularly, you will carry on being on this treatment for 3 years.

**Contact details:**

Asthma and Allergy nurses: 0116 258 3557

Monday to Friday, 8am to 4.00pm (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.

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

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