
What is sublingual immunotherapy?

Sublingual immunotherapy (SLIT) may help improve symptoms from allergies to dust mites, grasses or ragweed.

- Sublingual means under the tongue. Your child will put a small dose of allergen in the form of a tablet under their tongue.
- Immunotherapy is a type of treatment. Your child may need immunotherapy if medicines are not controlling their symptoms.

How does it work?

Treatment helps the immune system build a tolerance to certain allergens. This means:

- It will take more exposure to an allergen to cause allergic symptoms like runny nose, itchy eyes or congestion.
- Your child's symptoms may greatly improve and/or your child may need fewer medicines to control them.

What are the possible side effects?

Side effects may include:

- Mouth or throat problems, such as itching, swelling or ulcers
- Heartburn or trouble swallowing
- Severe (very bad) allergic reaction. An anaphylactic reaction is rare but is possible. Epinephrine is the best treatment for this type of reaction.

Signs of a severe allergic reaction include:

- Shortness of breath, wheezing or repeated coughing
- Pale or blue skin color
- Feels faint, weak or dizzy
- Hoarseness or trouble swallowing
- Very bad swelling to the tongue or lips
- Repeated vomiting (throwing up) or diarrhea
- Feels very nervous or anxious or like something bad is about to happen
- Confusion
- Mix of symptoms from different body areas

If your child is having a severe allergic reaction, **GIVE EPINEPHRINE AND CALL 911 RIGHT AWAY.**

What can I expect?

Your child will get their first sublingual immunotherapy dose during a clinic visit. They will stay for at least 30 minutes while our team watches for signs of severe allergic reaction.

In case of an urgent concern or emergency, call 911 or go to the nearest emergency department right away.

Sublingual immunotherapy, continued

Your child will:

- Place the tablet under their tongue.
- Keep it there for about 1 to 2 minutes while it dissolves and then swallow.
- Avoid drinking or eating for at least 5 minutes after the dose.
- Likely take future doses at home if there are no problems.

How long does my child need it?

The length of treatment depends on your child's allergies.

- For grasses and ragweed – they may only need treatment before and during pollen season for 3 to 5 years.
- For dust mites – they may need treatment every day for 3 to 5 years.

What are the treatment types?

The table below shows different treatment types. Talk with the care team about specific instructions for your child.

Allergy	Grass pollen	Grass pollen	Ragweed pollen	Dust mites
Treatment	<i>Grastek</i>	<i>Oralair</i>	<i>Ragwitek</i>	<i>Odactra</i>
Allergen (tablet contents)	Timothy grass pollen	Pollen extracts of 5 grasses	Short ragweed pollen extract	House dust mite allergen extract
For ages	5 years and older	10 years and older	5 years and older	12 years and older
Starts	12 weeks before grass season	16 weeks before grass season	12 weeks before ragweed season	Anytime
Lasts	Before and during Timothy grass season	Before and during relevant grass season	Before and during relevant ragweed season	Year-round

When should I call the doctor?

Call your child's doctor if:

- You forget or miss your child's daily dose for any reason.
- You are not sure if you should give a dose.
- Your child has any type of sickness, such as a cold or asthma exacerbation (flare-up).
- Your child has side effects from the dose.

This teaching sheet contains general information only. Talk with your child's doctor or a member of your child's healthcare team about specific care of your child.

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