

How to take Oralair®?

Oralair® is presented in the form of sublingual tablets. Always take this medicine as your doctor has told you and check with him/her or with your pharmacist if you are not sure.

The first pack you are prescribed is called Initiation pack, and it contains 2 blisters. You must start with the small one that only has 3 tablets of 100IR each. On the very first day of treatment, take 1 tablet of 100IR: you are advised to take this first dose under medical supervision, in order to discuss any potential side effect with your doctor. The rest of your treatment can now be self-administered. On the second day, take 2 tablets of 100IR simultaneously, and then for the following days, switch to the large blister that has 28 tablets of 300IR each.

The subsequent packs you will get are called Maintenance packs, and each contains only tablets of 300IR for 1 or 3 months of treatment. Your allergist will advise you on getting the most out of your treatment, and usually this daily treatment is administered a few months before and during the Grass pollen season.

To take an Oralair® tablet, put it under your tongue and keep it until it completely dissolves (it takes at least 1 minute) before you swallow it. You can take this medicine at any time during the day, in an empty mouth: the best is to develop a routine for this daily treatment.

You can store your Oralair® packs in the most convenient place for you, out of the sight and reach of children. It does not require any special temperature storage conditions.

The importance of adherence

As with any long-term treatment, AIT requires a high level of perseverance and motivation. In order to be as effective as possible, take your treatment as your doctor has told you, whether you are experiencing allergic symptoms or not. You can use reminders on your mobile phone or if the treatment is for your child play 2-minute games with him/her while the tablet dissolves.

There is an information leaflet inside the pack of Oralair®. You should read it carefully as it contains important information about your medicine.

If you have questions,
don't hesitate to seek medical advice
from your doctor or pharmacist.

STALLERGENES  GREER

Learn more about your Grass allergy treatment!



What is *Allergy Immunotherapy* (AIT)?

Allergen immunotherapy (AIT), also known as desensitisation, is an allergy treatment that acts directly on the immune system to rebalance it. AIT can improve symptoms and reduce the need for medications.

The efficacy and tolerability of AIT has been demonstrated in numerous clinical studies and the present leaflet aims to highlight some relevant information.

Oralair® is a medicine product used in AIT for the treatment of grass pollen allergy that is characterised by rhinitis (sneezing, runny or itchy nose, nasal congestion) with or without conjunctivitis (itchy and watery eyes) in adults, adolescents and children from the age of 5 years.

What causes symptoms of Grass allergy?

Allergy to Grass is actually a reaction from the body to the small particles of pollen that are wind-dispersed, up to hundreds of kilometers from their original plant. This type of grasses grow in all parts of Ireland and pollination usually occurs between March and September, with peaks in May, June and July.

The adjacent picture shows a pollen grain from one of the most common Grasses, the cocksfoot grass (also called *Dactylis glomerata*).

Its size? Less than 50 µm, thinner than a hair!



The *key milestones* of the Oralair® treatment

1 At treatment initiation

AIT consists of gradually exposing you to increasing amounts of your triggering allergen until your immune system naturally builds tolerance to that allergen over time. Start treatment about 4 months before the beginning of the pollen season and continue it until the end of the pollen season.

The very first dose is advised to be taken in your doctor's office in order to have medical supervision. All the subsequent doses can be self-administered at home.

2 After a couple of weeks

Due to the AIT mechanism of action, the first signs of efficacy on allergy symptoms usually appear after 8 weeks. Depending on patients, this threshold may vary.

Helpful advice

In order to limit the contact with Grass pollen in your daily life, avoidance measures can be helpful. Some apps monitor the pollen concentration in the air, warning you in case of pollen peak. You can also close your windows when driving and at home at mid day, when the pollen concentration is the highest. You can also wash your hair at the end of the day, after going outside.

Which *side effects* may occur?

Like with all medicines, Oralair® can cause side effects, though not all patients experience them. Side effects may occur at the beginning of therapy or during treatment.

Stop taking Oralair and contact your doctor immediately if you develop severe symptoms affecting the throat or allergic symptoms that affect the whole body.

The most common side effects are throat irritation, itchy mouth and headache. Itching of the mouth and throat irritation usually occur at the beginning of therapy, are temporary and generally diminish over time.

The number of side effects reported by adults who were treated with ORALAIR during three consecutive grass pollen seasons in a clinical study decreased over the second and third years.

There is more information about possible side effects in the leaflet in the pack which you should read carefully.

If you get any side effects, talk to your doctor or pharmacist. This includes any possible side effects not listed in this leaflet. You can also report side effects directly via HPRC Pharmacovigilance, Website: www.hpra.ie. By reporting side effects you can help provide more information on the safety of this medicine.

