

How to take your AIT treatment?

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

The first pack you are prescribed with 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, for several consecutive seasons.

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, 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 the most 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 while the tablet dissolves.

The 3 key benefits of your AIT treatment



AIT addresses the underlying cause of your allergy.



AIT may decrease your risk of developing asthma or new allergies.



AIT has a long-lasting persistent effect on your allergy symptoms, even after treatment cessation.

Above all, if you have questions,
don't hesitate to seek medical advice
from your doctor or pharmacist!

Potential literature references
Document code XXX

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.

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: this process usually takes 3 to 5 years.

The efficacy and safety of AIT has been demonstrated in numerous clinical studies and the present leaflet aims to highlight the most valuable information.

What distinguishes AIT from other treatment options for Grass allergy?

AIT is the only treatment that changes the progression of the allergy by acting on the immune system. It gradually renders the body tolerant to the allergen causing the allergy. By contrast, symptomatic treatments, such as nasal sprays and eye drops, act on the symptoms of the allergy and not on its cause.

What are the 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 AIT treatment

1 At treatment initiation

The very first dose is advised to be taken in your doctor's office in order to have a medical supervision. All the subsequent doses can be self-administered at home. Immediate but temporary side effects are quite common at this stage as your body reacts to the tiny doses of allergens brought by your AIT treatment.

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 so keep up and discuss with your doctor in case you have any doubt!

3 After 2-3 years

Thanks to your daily efforts over several pollen seasons and to the periodic follow-up with your doctor, first signs of sustained benefits of the AIT treatment may occur. Even though your global condition may have significantly improved compared to before, don't quit now: you are now building a long-term relief of your allergy burden.

Helpful advices

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, AIT can cause side effects, though not all patients experience them. Side effects may occur at the beginning of therapy or during treatment.

Usually, side effects are limited to the mouth (oral itching or swelling) or to the gastrointestinal tract (stomach-ache, nausea) and tend to disappear after the first doses. This should not prevent you from pursuing your AIT treatment, unless decided otherwise by your doctor.

Carefully read the patient information leaflet provided with your treatment. If you are receiving allergy immunotherapy and experience side effects, seek medical advice immediately from your doctor and/or pharmacist. This includes any possible side effects not listed in this leaflet.



Did you know?

People allergic to Grass pollens may also be allergic to certain types of food or other pollen families, due to some components that are similar: this is called cross-allergy. The most common cross-allergies with Grass pollen are peanut, cereal-based food and tomato.