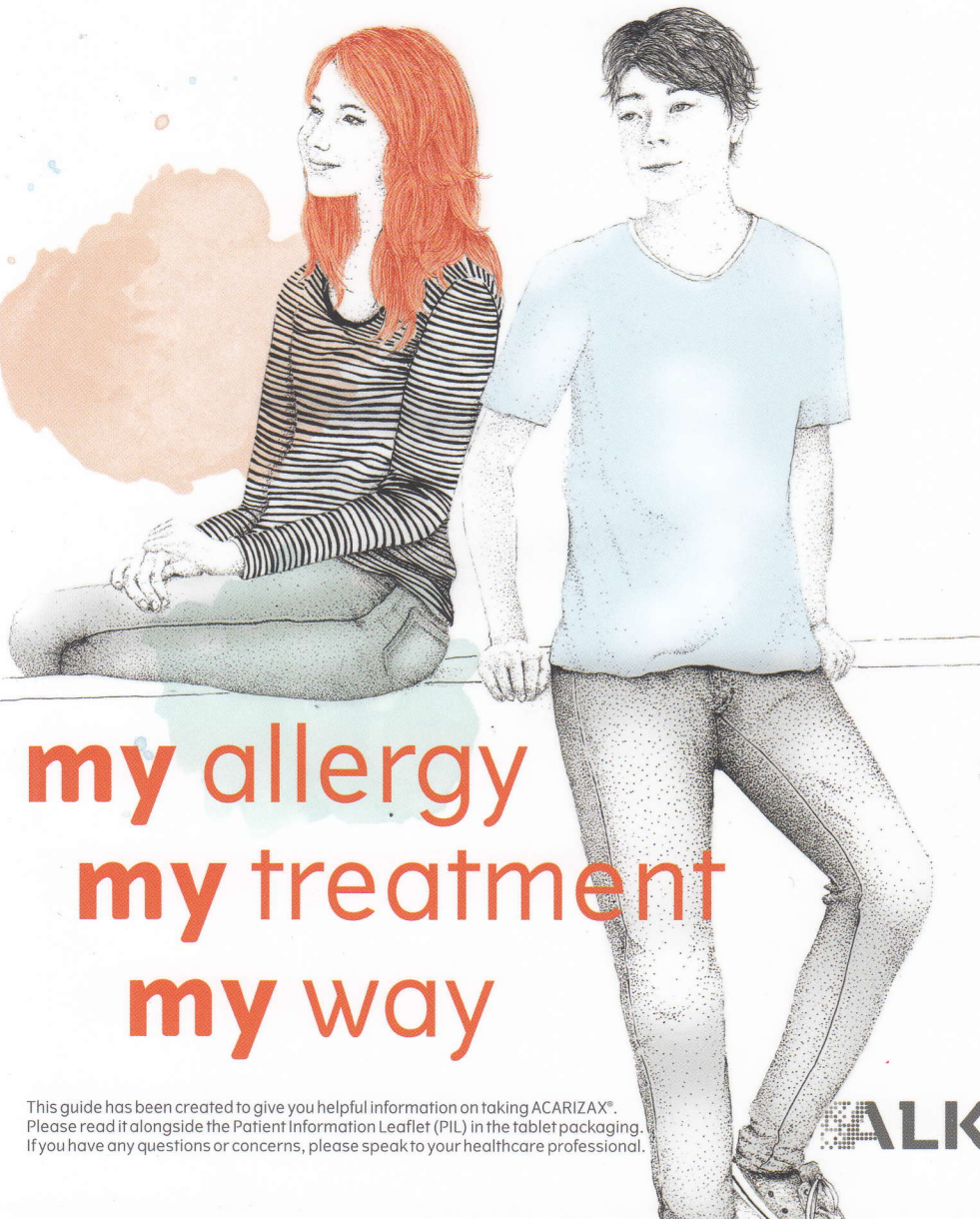


A helpful guide to taking ACARIZAX®

(*Dermatophagoides pteronyssinus* and *Dermatophagoides farinae*)

Your once-a-day immunotherapy for persistent moderate to severe house dust mite allergic rhinitis



my allergy
my treatment
my way

This guide has been created to give you helpful information on taking ACARIZAX®. Please read it alongside the Patient Information Leaflet (PIL) in the tablet packaging. If you have any questions or concerns, please speak to your healthcare professional.

ALK

Hello

This helpful guide is for you. If your doctor has prescribed ACARIZAX® to treat your persistent moderate to severe house dust mite allergic rhinitis.¹

Share it

You're welcome to share this guide with anyone else who needs to know about your treatment – including a parent or carer.

About this guide

This guide can help you to:

- Understand more about ACARIZAX® and how to take it
- Know what to do if you experience side effects from ACARIZAX®
- Find out who to ask if you have any questions about your medication
- Know when you should ask for support

How does ACARIZAX® work?

ACARIZAX® tablets contain small amounts of the thing you're allergic to – house dust mite allergens.¹ When you take your once-a-day tablet of allergy immunotherapy treatment (also known as AIT), it trains your body's immune system to stop over-reacting. Your symptoms should improve 8-14 weeks after taking the tablets.¹

Before you start your treatment

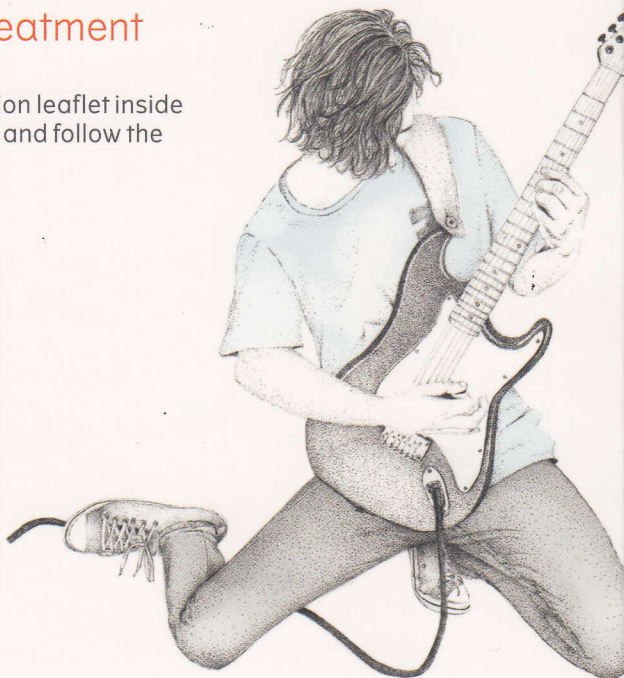


Read about it

Read the patient information leaflet inside the ACARIZAX® packaging and follow the instructions carefully.

ACARIZAX® – treats the cause, not just the symptoms

Immunotherapy is the only treatment that treats the cause of your allergy, not just the symptoms.¹ It offers the potential to control your sensitivity to house dust mites.



Starting treatment

Taking your first tablet – in the clinic

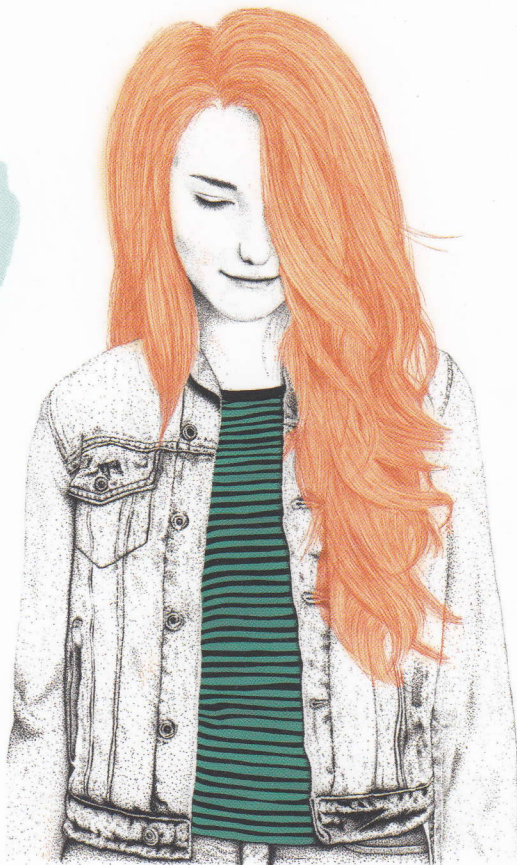
When you take your first ACARIZAX® tablet, a healthcare professional in the clinic will show you how to take it correctly. They'll also be on hand afterwards in case you have any side effects.

Your medical team is there to support you throughout your treatment. So, if you have any questions, just ask them.





A once-a-day tablet you take at home

Taking just one tablet every day can make a difference.¹ After you've taken your first tablet at the clinic, you'll be able to take ACARIZAX® at home. And if you take it every day as prescribed, you can expect to notice some improvement after 8-14 weeks.¹

AIT doesn't work for everyone. So, if your symptoms don't improve within 12 months, talk to your medical team.¹ They may advise you to stop taking ACARIZAX®.¹



How to take ACARIZAX®¹

-  Make sure your fingers are dry before removing the tablet from the blister card
-  Immediately place the tablet under your tongue. It will dissolve quickly
-  Avoid swallowing for 1 minute
-  Don't eat or drink anything else for 5 minutes

Once-a-day is enough

Don't take more than one tablet a day – it won't make you feel better any faster, and it can increase the chance of experiencing side effects.¹

To start with, you may still need to take other treatments for your symptoms alongside ACARIZAX®. But, as your immune system changes, you may not need to use the other treatments as much.¹

Make ACARIZAX® part of your routine

ACARIZAX® won't fix your allergic reaction to house dust mites straight away. To get the full benefit from this treatment, you'll need to take it as prescribed for 3 years.¹

That might seem like a long time to have to stick with it. But you already brush your teeth twice a day, right? And you've been doing that for a while?

Like tooth brushing, think of ways to make ACARIZAX® part of your daily routine. Or set a reminder on your phone. If you take your tablet at the same time each day and make it part of your schedule, it will soon become a habit.

If you forget to take ACARIZAX® at your usual time:

- Take it later the same day.
- Never try to 'catch up' by taking more than one tablet a day.
- If you forget to take ACARIZAX® for more than 7 days, contact your healthcare professional for advice about restarting treatment.^{1,2}

Side effects

A side effect is an unwanted reaction to a medicine. With ACARIZAX®, your immune system may react to the allergen in the tablet.¹

- These reactions are usually mild to moderate but may be severe
- Side effects may start quickly, within five minutes of taking the tablet, and last a few minutes or hours
- They usually ease off once you've been taking ACARIZAX® for 1-3 months



Side effects

You should expect mild to moderate side effects to occur within the first few days and subsiding with continued treatment over the next 1-3 months. The majority of side effects should be expected to start within 5 minutes after intake of ACARIZAX® and only last a few minutes or hours.^{1,2}

Stop taking ACARIZAX® and contact your doctor or hospital immediately if you experience any of the following symptoms:

- Worsening of existing asthma
- Rapid swelling of face, mouth, throat or skin
- Difficulties in swallowing
- Difficulties in breathing
- Voice changes
- Low blood pressure
- Feeling of fullness in the throat (like a swelling)
- Hives and itching of the skin

Possible other side effects: Very common (may affect more than 1 in 10 people):

- Irritating sensation in the throat
- Swelling of the mouth and lips
- Itching of the mouth and ears
- Airway infections

Common (may affect up to 1 in 10 people):

- Prickling sensation or numbness of the mouth or tongue
- Itching of the eyes
- Itching of the tongue and lips
- Swelling of the tongue or throat
- Inflammation, discomfort or burning sensation in the mouth
- Redness in the mouth or mouth ulcers
- Pain in the mouth
- Altered taste
- Stomach pain or discomfort
- Diarrhoea
- Feeling sick (nausea and vomiting)
- Pain when swallowing or difficulty in swallowing
- Symptoms of asthma
- Cough
- Shortness of breath
- Chest discomfort
- Indigestion and heartburn
- Hoarseness
- Tiredness
- Hives and itching of the skin

Please refer to the patient information leaflet found inside the packaging for further details about side effects.

What to do if you experience a side effect

1. Tell a doctor your parent or carer as soon as possible.
2. Tell a doctor or nurse – even if your side effects aren't listed here or in the packaging leaflet. They will advise you about what to do next.
3. You or your parent/carer can also report side effects directly via the Yellow Card Scheme at www.yellowcard.mhra.gov.uk or at www.hpra.ie (Ireland). By reporting side effects, you can help provide more information on the safety of this medicine. Side effects should also be reported to ALK Medical Information on **0118 903 7940** or **drugsafetyuk@alk.net**.

If you have any questions or worries about your treatment with ACARIZAX®, tell a parent or carer and let your healthcare professional know as soon as possible.

Do's and don'ts

Do's

Before taking ACARIZAX® tell your healthcare team if:¹

- ✔ You've ever had a severe allergic reaction to injection house dust mite allergy immunotherapy.
- ✔ You're allergic to fish or any of the substances in the ACARIZAX® tablet
- ✔ You've had a severe asthma attack in the last 3 months
- ✔ You have a sore mouth, mouth ulcers or if a tooth has fallen out or been removed
- ✔ You have asthma and you have a sore throat or a cold or a chest infection
- ✔ You have a disease affecting your immune system
- ✔ You are pregnant

Make sure to tell your healthcare team if you experience any of these during your treatment too

Stop taking your ACARIZAX® and tell your healthcare professional immediately if:

- ✔ Your asthma suddenly gets worse
- ✔ You experience a severe allergic reaction

Contact your healthcare professional immediately if:¹

- ✘ You become pregnant
- ✘ You have an illness that affects your immune system
- ✘ Your asthma suddenly gets worse
- ✘ You experience a severe allergic reaction
- ✘ You are diagnosed with cancer
- ✘ Your mouth becomes severely inflamed
- ✘ Tell your healthcare professional if you lose a tooth, had a tooth removed or other oral surgery – ongoing treatment will need to be paused to allow your gum/ mouth to heal
- ✘ You have persistent gastric symptoms such as difficulty swallowing or acid reflux

If you go more than **7 days** between doses, please **contact your healthcare professional** for advice before restarting treatment.¹



Don'ts

- ✘ If you forget to take your once-a-day dose, don't take a double dose the next day, there's an increased risk of side effects.¹

What to expect

ACARIZAX® will take a few months to work on your body's responses to house dust mites (HDM). After this time your symptoms should improve. That means you may be able to gradually reduce the other medications you take for your HDM allergy.¹



Expect some mild to moderate local reactions. Most appear within 10 minutes of taking a tablet and fade within an hour. These should disappear after a few months or even after a week or two. Talk to your HCP to help you manage these.

References

1. ACARIZAX® Summary of Product Characteristics May 2021.
2. ACARIZAX® Patient Information Leaflet May 2021.