



**TO BE COMPLETED BY THE PRESCRIBING DOCTOR**

**Patient name:** \_\_\_\_\_ **Date of birth:** DD/MM/YYYY  
**Name of prescribing doctor:** \_\_\_\_\_ **Contact number:** \_\_\_\_\_  
**SLIT allergen/s and brand:** \_\_\_\_\_

**SLIT started on DD/MM/YYYY and to be completed\* on DD/MM/YYYY**

\*At least 3 years is recommended for long term benefits, as effectiveness depends on dose and treatment duration.

**Date of next review appointment\*\* with**  **GP** or  **Specialist:** DD/MM/YYYY

\*\*Appointments with your doctor are required to regularly review and discuss ongoing treatment.

## TREATMENT INSTRUCTIONS

Treating respiratory allergies with SLIT changes the way your body reacts to allergens that trigger your symptoms, such as dust mite or pollen. SLIT works gradually over a period of time, which is usually at least 3 years.

It is important to take your SLIT each day to get the best results. To help you remember to take your SLIT each day, you can place the tablets where you will see them and set a phone alert reminder.

### When using SLIT tablets:

1. Place 1 tablet under the tongue daily, before breakfast and before brushing your teeth.
2. Wait for 2 minutes to allow the tablet to dissolve, then dry swallow (without water).
3. Then wait for **5 minutes** before brushing teeth, eating or drinking.

### If you forget to take a SLIT tablet:

- **Less than 7 days** since your last tablet, continue taking 1 tablet a day when you remember.  
Do not take more than 1 tablet per day to try to catch up.
- **More than 7 days** since the last tablet, contact your doctor for instructions.

You may need to skip one or more SLIT tablets (up to 7 days) if you have dental procedures, mouth ulcers or an asthma flare. Contact your doctor for advice.



### To set up a daily reminder on your smart phone follow these instructions:

1. Open your camera app or a QR code scanning app and hover over the QR code to the left.
2. Tap the notification to open a calendar event.
3. You can now edit the event to make it relevant to your treatment.

## MANAGING SIDE EFFECTS

**Localised side effects** such as irritation of the tongue, mouth and throat are common, because you are taking a substance you are allergic to. If required, oral antihistamines can be helpful to relieve symptoms. Side effects will usually disappear as treatment is continued, and rarely require you to stop taking your tablets. If any side effects concern you, contact your doctor.

**Generalised allergic reactions** are rare, but may include urticaria (hives), an asthma flare-up or anaphylaxis (severe allergic reaction). Allergic effects in the digestive tract are rare, and may cause difficulty swallowing or reflux symptoms. If you notice any of these symptoms, stop taking your tablets and contact your doctor immediately, or go to your local emergency department, or phone ambulance.

Advice for managing side effects (if applicable): \_\_\_\_\_