

## Informed consent: Sublingual Specific Immunotherapy (SLIT)

Dear patient,

It is the aim of specific immunotherapy (SIT) to reduce allergic reactions against allergens. Sublingual immunotherapy (SLIT) is a specific form of SIT, where the drug is applied under the tongue either by droplets or as soluble tablets.

SLIT is useful for allergens that cannot be completely avoided e.g.: grass-, tree-, weeds-pollen or house-dust mite. Indications for SLIT against other allergens (mould or animal-dander) have to be set very strictly (reduced standardisation, safety and efficacy data).

The success-rate is dependent of the allergens used and the compliance of the patient (regular intake necessary!)

SLIT is usually applied for 3 years. In pollen-allergies a pre-/cosaisonal treatment-scheme can be used starting therapy about 4 months before pollen-season and ending at the end of the season. For perennial allergens like mites, SLIT has to be taken every day over the whole year. Please be aware that you get your new prescription on time.

### Important issues:

- Take your medication always at the same time
- Apply the droplets/tablet under your tongue without swallowing it for 2 minutes.
- Daily intake is important!
- If you have a severe infection (fever) or wound in your mouth, stop the SLIT for some days.

### Possible side-effects or complications:

The main side effects appear in the first days of treatment. The first intake of your drug should be done under medical observation.

- common: burning or itching in your mouth
- rare: swelling of the lips, symptoms of allergic rhino-conjunctivitis
- extremely rare: coughing, asthma, tiredness, anaphylaxis

### Success rate

The success rate depends on various factors, like your specific allergen-profile and compliance. Depending on the allergen, we can reach an improvement of the patients' symptoms in about 60-80%. Best chances are for patients with pollen allergies less in house dust mite or animal dander allergy.

In some patients symptoms disappear, in others they are significantly reduced.

We observe a variable development of symptoms of a cross-reaction to food-allergens. In some patients symptoms initially worsen (please avoid specific food if this is the case), in others they improve during SIT.

Please ask your doctor if you have any other questions. It is our concern that you are well-informed.

**Consent:**

I have been informed about efficacy and possible side-effects of sublingual specific immunotherapy (in written and oral form) by the doctor and have no further questions. I therefore agree to the therapy.

**Success rate**

The success rate depends on various factors, like your specific allergen-profile and compliance.

Depending on the allergen, we can reach an improvement of the patients' symptoms in about 80%. Best chances are for patients with insect-venom allergies, followed by pollen allergies and house dust mite allergy.

In some patients symptoms disappear, in others they are significantly reduced. Some studies also showed that in some patients new sensitisations and asthma can possibly be prevented by SIT.

We observe a variable development of symptoms of a cross-reaction to food-allergens. In some patients symptoms initially worsen (please avoid specific food if this is the case), in others they improve during SIT.

Please ask your doctor if you have any other questions. It is our concern that you are well-informed.

**Consent:**

I have been informed about efficacy and possible side-effects of specific immunotherapy (in written and oral form) by the doctor and have no further questions. I therefore agree to the therapy.

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day month year

\_\_\_\_\_  
Patient's signature (or legal guardian)

\_\_\_\_\_  
Doctor's signature

**If one parent signs the consent-form, he declares that he has the exclusive child custody or that he acts in agreement with the other parent.**

**Children under 14 years of age must be accompanied by an adult for each vaccination!**