

SUBLINGUAL IMMUNOTHERAPY

Service / Treatment Name	
<p>Sublingual Immunotherapy</p>	<p>Sublingual Immunotherapy is a new treatment for patients with moderate to severe grass pollen seasonal allergic rhinitis (Hay fever)</p> <p>The treatment alters the body's response to the grass pollens so that with time the substances that cause the symptoms of allergy (sneezing, watery nose and eyes, itching and nasal congestion) are not released into the blood stream during the Hay Fever season.</p> <p>The treatment should be started at least 8 weeks before the grass pollen season and continued for three years. Your ENT Surgeon will discuss the treatment regimen with you.</p> <p>The treatment involves a once daily tablet applied to the under surface of the tongue. The first tablet is taken in the Nasal Allergy clinic under the supervision of the ENT Surgeon. The rest of the tablets can be taken at home.</p>

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What are the benefits of having the treatment and is it right for me?

Who needs it and why?	Sublingual immunotherapy is suitable for patients with moderate to severe grass pollen allergy whose symptoms have not improved with the usual medical treatment including steroid nasal sprays and antihistamines
How do I know if I need it?	<p>You should discuss your symptoms with your General Practitioner who may refer you to the Nasal Allergy clinic if this is appropriate.</p> <p>You can also contact Sister Shannon Smith, Outpatient department, Plymouth Nuffield Hospital who would be happy to send you a leaflet about this form of treatment.</p>

What does the treatment involve?

How long does the treatment take?	The initial consultation/tests take 45 minutes
Is a general or local anaesthetic required?	No anaesthetic is required for the procedure.
Is a stay in hospital required?	No stay in hospital is required.
If a hospital stay is required, how many days (on average)?	No hospital stay is required

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<p>What are the risks and side effects of treatment?</p>	<p>Like most medications some patients may develop some side effects. Most of the reported side effects are mild and disappear within a few hours to a few days. The common side effects include itching, swelling, sneezing and throat irritation.</p> <p>Your ENT Surgeon will discuss with you any possible side effects before you start your treatment.</p>
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What do I do next?

<p>Do I need a referral letter from my GP?</p>	<p>Yes. Please ask your GP to refer you to Mr H Khalil, Consultant ENT Surgeon, Nasal Allergy Clinic, Plymouth Nuffield Hospital.</p>
<p>Who can I talk to for further information about my circumstances before I make an appointment to see a consultant?</p>	<p>Please contact Sister Shannon Smith, Outpatient Department, Plymouth Nuffield Hospital for further information</p>
<p>How do I make an appointment to see a consultant at a Nuffield Hospital?</p>	<p>To make an appointment, please click the link on the home page</p>

How do I prepare for the Consultation?

<p>What should I expect at the appointment?</p>	<p>The ENT Surgeon will see you in the Nasal Allergy Clinic for an initial consultation. He will ask you about your symptoms, your medical history, any allergies you have and what medicines you are taking. You will then have a detailed Ear, Nose and throat examination including examination of the Nose and Throat with a telescope (Nasal Endoscopy)</p> <p>The ENT Surgeon will arrange for you to have a test to find out what you are allergic to. This will either be a skin prick test or a blood test for allergy. The results of the skin prick tests are available within 30 minutes. The blood tests are available within 2</p>
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	<p>weeks.</p> <p>You will be seen for a second appointment to start you on the treatment if you are found to be allergic mainly to grass pollen. You will be given detailed instructions on how to take the tablets at home and how to treat any side effects. You will also be given a leaflet explaining this.</p>
What type of questions will I be asked?	You will be asked about your symptoms, any previous medical or surgical treatment you have had in the past and what current medications you are on. You will also be asked about any allergies you have.
What type of questions should I ask?	Please feel free to ask about anything related to your treatment. The ENT Surgeon and the Nurse running the Nasal Allergy Clinic will be happy to give you any information you require.
Should I take anything with me?	Please bring along a list of your current medications

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