SLIT IS AN EFFECTIVE & CONVENIENT CHOICE
Sublingual Immunotherapy (SLIT) is an alternative way to treat allergy by means of ingestion and submucosal injection. It is a safe, non-invasive way to treat patients with a history of mild to moderate allergy symptoms, particularly those with a fear of needles. SLIT is approved by the FDA for the treatment of grass, ragweed, and tree pollens. It is a simple, convenient way to manage allergy symptoms.

WHAT ARE THE RISKS OF SUBLINGUAL IMMUNOTHERAPY?
For the most part, SLIT risks relate to the nature of the treatment: it is administered at home and without direct medical supervision. Patients should therefore receive clear guidance from their doctor on how to manage adverse reactions and treatment interruptions and should know what to do if they experience any unexpected reactions. Learn more about this form of allergy therapy by contacting your doctor.

HOW DOES SLIT WORK?
Sublingual Immunotherapy works very much like a vaccine. You receive gradually increasing amounts of allergens, leading the body to develop immunity or improved tolerance to the allergens.

IS SUBLINGUAL IMMUNOTHERAPY EFFECTIVE & SAFE?
Most clinical trials and surveys published over the past 20 years show that SLIT is relatively safe and effective for the treatment of rhinitis and asthma caused by allergies to dust mites, grass, ragweed, cat dander, and tree pollens. Evidence is emerging that SLIT may be effective for treating the red, itchy eyes caused by pollen during hay fever season.1 In addition, it might prove to be an effective treatment for chronic hives, eczema, and is currently being studied for its potential in treating food allergies. At the present time, the best option for people with food allergies is to strictly avoid that food.

WHAT IF I STILL DON’T FIND RELIEF OF MY SYMPTOMS?
The efficacy of SLIT appears to be related to the length of the treatment program as well as the dose of the allergen. Some people experience lasting relief from allergy symptoms, while others may relapse after discontinuing allergy shots too soon. If you have not seen improvement after 1-2 years of maintenance therapy, your physician will work with you to discuss other treatments. A failed response to SLIT may be due to many factors:
- inadequate dose of allergen in the allergy vaccine
- missing allergens not identified during the allergy evaluation
- allergens may have changed since the previous evaluation
- high levels of allergens in the environment
- significant exposure to non-allergenic triggers such as tobacco smoke
- not taking the treatment as prescribed on a regular basis

ARE THERE ANY RISKS ASSOCIATED WITH SLIT?
The most common reaction is itching in the mouth. This may happen immediately or several hours after the treatment and may last up to 24 hours. In some cases especially in the Build-up Phase, symptoms may include increased allergy reactions such as sneezing or nasal congestion. These local reactions and transient increases in symptoms during the Build-up Phase are not considered to be serious. Severe reactions to SLIT are extremely rare. When they do occur, they require immediate medical attention. Symptoms of an anaphylactic reaction can include swelling in the throat, wheezing or tightness in the chest, nausea and dizziness. Most serious reactions develop within 30 minutes of the allergy treatment. For some high risk patients such as those with a history of severe asthma, or previous severe non-anaphylactic reactions to immunotherapy, it may be necessary to have an Epipen® at home.

WHAT PRECAUTIONS SHOULD I TAKE FOR SLIT?
SLIT should be postponed if you are sick, especially if you have a fever or if you are having severe, uncontrolled problems with asthma. If you have missed doses, the dosage and strength may need to change depending on how long you have missed. Please discuss precautions with your doctor if anything like this happens or if you have other questions.

WHEN SHOULD I NOT TAKE SLIT?
- if you have severe, uncontrolled asthma
- if you have chronic intestinal conditions such as Eosinophilic Esophagitis
- if you are taking blood pressure medications called Beta Blockers (please consult with your doctor)
- if you have any severe medical that puts you at risk towards an unstable condition (for example cardiac conditions)
- if you have had previous severe anaphylactic reactions to immunotherapy

SLIT may be continued if you get pregnant, but should not be started during pregnancy.