

# Pollinex Quattro<sup>®</sup> Subcutaneous Immunotherapy Treatment (SCIT)

Information for  
patients



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This information complements a general leaflet on injection immunotherapy from BSACI (British Society for Allergy and Clinical Immunology), which you will also be given. Please read both carefully. You will have a chance to ask questions before signing the consent form and starting the treatment.

### **What is Pollinex Quattro®?**

Pollinex Quattro® is a subcutaneous (under the skin) injection treatment that is used in children and adults who have severe allergies to tree or grass pollens.

This treatment will involve giving you four to eight weekly injections with increasing doses of the allergen(s) you react to, in order to build your tolerance. The treatment usually starts in the winter months (December - February) and we will give you this pre-seasonal course on 3 consecutive years.

### **When do I start Pollinex Quattro®?**

Your immunotherapy treatment will be administered in the Children's Day Unit. You will be sent details of the date, time and place.

What does the visit to the hospital involve?

- You will need to stay for approximately one hour after each treatment

- Before and after each injection we will check your heart rate, blood pressure and will ask you to do blowing test (peak expiratory flow rate).
- We will check whether you have any asthma or allergy symptoms, any new illnesses, medications or vaccines and whether you have/had any infections since your last appointment/injection.
- Following your injection, you will be monitored closely for any symptoms or signs of an unwanted allergic reaction.

## What are the possible risks of the treatment?

Immediately after the injection, you may experience a mild to moderate allergic reaction such as:

- Itching, swelling and hives at injection site and/or
- Recurrence or worsening of hay fever symptoms (itchy, runny nose and eyes, sneezing, blocked nose) and/or
- Asthma symptoms (cough, chest tightness or wheeze)

These symptoms usually subside once the body gets used to the treatment, within 2-3 weeks.

Although small, there is a chance (<1/10,000) of developing severe allergic reaction called anaphylaxis immediately after injection, which will be immediately treated.

## What if I am not feeling well on the day?

If you feel unwell on the day (for example if you have a cough, cold or the flu), please contact the allergy nurses on **(0113) 392 0681** as soon as possible to discuss whether you may still attend or need to rearrange the appointment.

- If you develop a new illness or are started on a new medication please let the allergy nurses know.
- If you are having a vaccination (e.g. flu jab), we must wait 2 weeks before you can have Pollinex Quattro®. Alternatively, you can have a vaccination a week after your last Pollinex Quattro® injection (i.e. after you complete the course).
- You will be given information on rescue medication to treat reactions, such as antihistamines and bronchodilators (e.g. blue reliever inhaler). Please bring your rescue medicines with you to your immunotherapy injection appointments.

## Are there any precautions to be taken following injection?

- During the **24 hours following the injection** - avoid any form of **strenuous physical exercise** and **hot bathing** as these activities may increase the risk of delayed reactions; we recommend no more than 2 units of alcohol over that period.
- If you experience any **swelling or redness at the site of the injection**, apply ice packs and take a dose of an antihistamine (e.g. cetirizine). Please measure the size of the swelling in centimeters and take a photograph with your phone if possible – please bring the photo for your next visit. If you have any concerns please call the allergy nurses on the contact telephone numbers section.

The **table on page 3** details what to do in case you experience other **delayed reactions**. Please call the allergy nurses as soon as possible on the numbers below if you experience anything more than reactions at the site of the injection. Please note details, time of onset, duration and treatment of the reaction

to discuss at your next visit as this will have implications for the continuation of your treatment.

### **Should I stop taking my other allergy medications if I am on Pollinex Quattro®?**

No. Initially you should remain on the same allergy medications you were taking before. It may take up to a year before you notice improvement from Pollinex Quattro®. Over time it is anticipated that you will be able to reduce or stop your allergy medications. You will be directed how to reduce your regular allergy medications at follow up clinic visits, depending on the severity of your symptoms.

### **Could any new medications be started whilst on Pollinex Quattro®?**

Possibly but you **MUST** discuss with a member of the allergy team before starting any new medications or having other vaccines.

## General guidance on how to manage delayed reactions:

Make sure antihistamine medication is always available.

Reaction	What to do:
<ul style="list-style-type: none"><li>• skin rash, swelling or redness at site of injection, if troublesome</li></ul>	<ul style="list-style-type: none"><li>• Take 1 dose of cetirizine or other non-sedating antihistamine, as advised.</li></ul>
<ul style="list-style-type: none"><li>• mild shortness of breath</li><li>• mild chest tightness</li><li>• mild cough</li><li>• mild wheeze or whistling in chest</li></ul>	<ul style="list-style-type: none"><li>• take 2 to 4 puffs of reliever (blue) inhaler, if prescribed.</li></ul>
<ul style="list-style-type: none"><li>• mild throat irritation, itching or tightness</li></ul>	<ul style="list-style-type: none"><li>• Take 1 dose of cetirizine or other non-sedating antihistamine, as advised.</li></ul>
<ul style="list-style-type: none"><li>• generalised skin rash or hives</li><li>• swelling of lips, tongue, face or other location (not causing shortness of breath)</li></ul>	<ul style="list-style-type: none"><li>• Take 1 dose of cetirizine or other non-sedating antihistamine as advised. This dose can be repeated after 30 minutes if no improvement in rash or swelling.</li></ul>

Reaction	What to do:
<ul style="list-style-type: none"> <li>• Severe systemic reactions (any or all of the symptoms below):</li> <li>• severe shortness of breath</li> <li>• severe chest tightness</li> <li>• severe cough</li> <li>• severe wheeze or whistling in chest</li> <li>• severe throat tightness causing difficulty breathing or voice hoarseness</li> <li>• light-headedness, dizziness, blurred vision - suggestive of a drop in blood pressure</li> </ul>	<p><b>Call 999</b></p> <ul style="list-style-type: none"> <li>• if you have already been prescribed an adrenaline auto-injector, self-administer it as directed</li> <li>• take a double dose of cetirizine or other non-sedating antihistamine as advised</li> <li>• take 4-10 puffs of reliever (blue) inhaler, if prescribed</li> </ul>

## Contact telephone numbers

**Children's Allergy Nurse Specialists (Monday to Friday 08:00 - 17:00pm)** (0113) 392 0681 or email [leedsth-tr.allergy@nhs.net](mailto:leedsth-tr.allergy@nhs.net)

**Paediatric Consultants (Monday to Friday 09:00 - 17:00pm)** (0113) 392 0670 (secretary's desk)

**Out of hours:** Phone the hospital switchboard and ask for the Paediatric Medical registrar on-call

**Main hospital switchboard:** (0113) 243 2799



## What did you think of your care?

Scan the QR code or visit [bit.ly/nhsleedsfft](https://bit.ly/nhsleedsfft)

*Your views matter*



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