

Acarizax® Sublingual Immunotherapy Treatment (SLIT)

Information for patients



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What is Acarizax?

Acarizax is a sublingual (under the tongue) once daily immunotherapy treatment (SLIT) that is used in children and adults who have severe house dust mite allergy. It comes in the form of a tablet that dissolves under the tongue. Taken daily, Acarizax can help the immune system develop a tolerance to grass pollen.

Acarizax **is taken daily for three years**. If the treatment is to be successful and have long-term benefits, it is extremely important that Acarizax is taken every day during the entire treatment period, unless there are troublesome side effects or the person taking Acarizax is unwell.

When do I start Acarizax?

The first dose of the immunotherapy will be administered in the Children's Day Unit. You will be sent details of the date, time and place. You/your child will need to stay for approximately one hour after the first dose. During this time, you/your child will be monitored closely for any symptoms or signs of an unwanted allergic reaction. After this initial dose, the SLIT treatment will continue daily at home

How do I take Acarizax?

The Acarizax tablet is placed under the tongue. The tablet needs to be held under the tongue for one minute without swallowing or talking. No food or drink is permitted for five minutes after taking the Acarizax tablet.

If you/your child are taking any other sublingual immunotherapy medications, we recommend to leave at least **ONE HOUR** between different sublingual medications.

When shouldn't Acarizax be taken?

Acarizax works by stimulating and altering the immune system through the immune cells found in the lining of the mouth. Acarizax should be missed on days when the person taking Acarizax is unwell (as the immune system is already in 'overdrive') or if the mouth is tender, cut or inflamed.

Should other allergy medications be stopped while taking Acarizax?

No. Initially the advice is to remain on all the same allergy medications as usual. It may take up to a year after starting Acarizax to notice an improvement in symptoms.

Over time it is anticipated that you/your child will be able to reduce or stop some or all of the allergy medications.

The allergy team will provide direction on how to reduce regular allergy medications at follow up clinic visits, depending on the severity of allergy symptoms.

Can any new medications be started whilst on Acarizax?

Please discuss with a member of the allergy team before starting any new medications or having other immunotherapy treatment.

At any time during the treatment period of three years, please remember to inform the allergy team of any new medications you/your child is advised to take.

How to store Acarizax

- Keep out of reach of children.
- Store Acarizax in a dry location at room temperature. You do not need to keep Acarizax in the refrigerator.
- Open each blister just before the tablet is taken. **DO NOT** take tablets out of the blisters to store in a pillbox.

What are the possible risks of Acarizax treatment?

Sublingual immunotherapy is very safe. Large studies on hundreds of children have never found any serious reactions. The most common side effects were itchiness in the mouth or ears, or mild allergy symptoms for example a runny nose or watery eyes, throat irritation and lip swelling after taking the Acarizax tablet. These tend to happen immediately after you have taken the Acarizax tablet and usually do not last longer than ten to fifteen minutes. Itch and tingling can be managed by taking an antihistamine twenty to thirty minutes before taking the Acarizax tablet.

Most symptoms occur on the first few days of treatment. These symptoms usually subside once the body gets used to the treatment, within two to three weeks.

However, if symptoms persist or are troublesome, please contact the allergy team to discuss this.

Other rarer side effects include headaches, tiredness, abdominal pain, swelling of the tongue or lips, itchy hives on skin, eczema flare, sneezing, runny or blocked nose and watery itchy eyes. If these occur, take an antihistamine and inform a member of the allergy team.

If any severe or worrying side effects are experienced - please do not take any further Acarizax tablets until you have discussed your concerns with the Children's Allergy team.

Contact telephone numbers

Children's Allergy Nurse Specialists
(Monday to Friday 08:00am to 17:00pm)

Telephone: (0113) 3920681 or
email leedsth-tr.paedallergycns@nhs.net

Allergy Secretary

Telephone: (0113) 3920670 (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

Notes



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Produced by: Medical Illustration Services • MID code: 20260423_004/RC

LN006223
Publication date
07/2026
Review date
07/2029