



Patient Information on Subcutaneous Allergy Immunotherapy* (SCIT)

Dear Patient,

Our test results have shown that you suffer from an allergy.

An allergy is a hypersensitivity reaction of your immune system to specific substances, such as those found in pollen, mites, animal dander or mould, also known as allergens. Since it is difficult to avoid these triggers in everyday life, we offer allergy immunotherapy (also known as desensitisation) treatment.

The goal of allergy immunotherapy is for your immune system to become accustomed to the relevant allergen. This makes your immune system less sensitive to the allergens; some also say it strengthens the immune system. To achieve this, allergy immunotherapy deliberately and regularly exposes the immune system to the allergens that cause allergic reactions.

Allergy immunotherapy is the only treatment that directly influences the immune system and addresses the cause of the allergy, as opposed to antihistamines and other anti-allergy drugs. According to the position paper of the World Health Organization (WHO), allergy immunotherapy is the only treatment that can prevent what is known as a "change in level": the progression of allergic rhinitis to asthma, as well as the occurrence of new allergies.

We have agreed to carry out subcutaneous allergy immunotherapy to treat your allergy in a long-term and sustainable way.

SUBCUTANEOUS IMMUNOTHERAPY (SCIT)

A form of allergy immunotherapy that has been used for many years is treatment by injection, subcutaneous immunotherapy (SCIT). In this procedure, the allergen extract is injected under the skin (subcutaneously) in the upper arm. At the beginning of the treatment, the allergens are injected at mostly weekly intervals in increasing dosages until the maintenance dose is reached. The achieved maintenance dose is then administered in "continuation therapy" at intervals of four to a maximum of eight weeks, depending on the preparation. The advantage of SCIT is that once a "storage" is administered subcutaneously, you do not have to think about the therapy for a whole month up to a maximum of 8 weeks. The treatment is continued over a period of three to five years.

ADJUVANT/DEPOT MEDIATOR

"Adjuvant" (from Latin adiuvaré; to support, to help) is the term for a substance that is added to vaccines to enhance the response of the immune system, i.e. the effect of the vaccine. This has been used for over 100 years, for example, in vaccinations.

Aluminium hydroxide is an adjuvant that has been commonly used and recognised for more than 100 years and has also proven itself in preparations for allergy immunotherapy over decades. It is approved by both European and US authorities (EMA and FDA) and is administered as a potent enhancer of immune reactions millions of times annually. The safety of aluminium-containing vaccines has been confirmed in many epidemiological studies.

In allergy immunotherapy, the binding of allergens to aluminium hydroxide also achieves a slow release of the allergens, leading to better tolerability.

SAFETY OF ALLERGY IMMUNOTHERAPY

Like all medicines, allergy immunotherapy can cause side effects, but these do not have to occur in everyone. Redness, swelling and itching can occur at the injection site, which can be relieved by cooling. Normally, the complaints subside after some time even without treatment. Rarely, nodules (granulomas) can occur at the injection site, which in very rare cases can also persist longer.

Allergy immunotherapy itself carries the risk of an allergic reaction with symptoms such as runny nose and conjunctivitis, sneezing, allergic skin reactions, fatigue or respiratory problems. In very rare cases, an allergic shock may develop within the first few minutes after the injection, which requires rapid emergency treatment by the doctor. It is therefore essential that you stay in the practice for 30 minutes after the injection. This monitoring significantly reduces serious complications, as necessary measures can be taken in time. Most side effects are mild and can be treated with antihistamines if necessary.

COMORBIDITIES AND THE INTAKE OF CERTAIN MEDICATIONS

Allergy immunotherapy is not possible if you have certain pre-existing conditions or are taking certain medications. This is the case, for example, if you have poor lung function (as assessed by a doctor), a significant deterioration of your asthma within the last three months (as assessed by a doctor), a severe lung disease, an active autoimmune disease (not well controlled), or a disease of the immune system, a severe chronic inflammatory disease, or if you have cancer. If this applies to you, SCIT unfortunately cannot be performed. It is best to ask your doctor.

Before each injection, you will be asked again about your current state of health. Possible factors that could affect tolerance of the treatment include, for example, particular cardiovascular stress on the day of the injection, poor general health or exceptional stress situations. For this reason, you should answer all questions honestly.

The following points must also be observed for successful treatment:

- Please keep to the appointments to ensure a regular increase in the amount of allergen.
- Please stay in the practice for at least 30 minutes after each injection so that the tolerance of the allergen injection can be monitored.
Any signs of side effects such as a feeling of heat, itching and burning in the mouth, throat or in the palms and soles must be communicated immediately to the medical staff in order to take appropriate countermeasures.
- Please contact the treating doctor immediately if unusual or known complaints should occur after leaving the practice. Inform your doctor before each injection how the previous injection was tolerated. Also report newly occurring diseases, vaccination appointments, medications taken or discontinued, pregnancy, extended holidays, new job/activities, etc.

Fatigue may occasionally occur on the day of treatment, which is especially important for drivers and people who, for example, operate dangerous machines to be aware of. Physical exertion (including sauna and hot baths), heavy meals, and alcohol should be avoided on the day of treatment.

The total costs of the diagnosis and allergy immunotherapy are generally covered by health insurance if there is an appropriate indication.

WHY IS IT IMPORTANT TO CONTINUE THE TREATMENT FOR THREE YEARS?

The therapy should be carried out for three years according to general recommendations. Only through continuous treatment can your immune system have the chance to become long-term accustomed to the allergens.

Some people stop their therapy too early. They no longer have complaints, for example, and believe that their immune system has learnt faster. Others have complaints and believe their immune system will never learn. The therapy only works if it is consistently carried out over the complete treatment period!

WHERE CAN I GET FURTHER INFORMATION?

At www.allergiecheck.de, you can read further information on the topic of "Allergy Immunotherapy with Injection". There are also many explanatory videos that summarise the most important information. Simply scan the QR code with your smartphone camera and find out more.



Feel free to ask us for patient brochures as well.

We wish you much success with your therapy.
Your practice team

PS:

You can also find further information about your allergen immunotherapy in various videos for patients, which can be accessed using the following QR code:



Health insurance company or payer		
Last name, first name of insured person		DOB
Health insurer no.	Insured person no.	Status
Institution no.	Doctor no.	Date

Declaration of consent for Subcutaneous Allergy Immunotherapy

I have read and understood the information about my allergic condition and the treatment options available. I have been informed by my treating doctor about the planned allergy immunotherapy and agree with the proposed form of therapy and the selected preparation. All questions I had about this treatment have been answered.

I have been informed by my doctor about possible side effects and am aware that a cure cannot be guaranteed with complete certainty. If side effects occur, I will contact my treating doctor. I will refer to the package leaflet for further information. My doctor remains available to me as a contact person.

I agree that my patient data may be processed by the practice of my specialist for the purpose of reminding me of scheduled appointments.

I consent to the recommended allergy immunotherapy.

Should I intend to stop the therapy before the recommended 3 years have elapsed, I will contact the practice in advance.

Comments on the informed consent discussion:

Place, Date	Signature	Patient (or guardian)
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Place, Date	Signature	Doctor
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