

Acarizax® for House Dust Mite Allergy

Introduction

This leaflet is for adults aged 18 to 65 years old who have been prescribed Acarizx® to treat House Dust Mite (HDM) allergy. It explains how the treatment works, how to take it safely, possible side effects and when to get help. It supports the advice from your allergy team. Ensure you have also read the Patient Information Leaflet (PIL) that is inside your medication pack.

What is Acarizax®

Acarizax® is a sublingual immunotherapy tablet. This means the tablet is placed under the tongue. Immunotherapy helps your body get used to house dust mites over time. This medication can also be used to treat the following;

HDM allergic rhinitis

Rhinitis means your nose gets blocked or runny, you sneeze a lot and it feels itchy. This usually happens because of viruses or things you're allergic to, like dust mites.

HDM allergic asthma

This is when your asthma is not well controlled with inhalers, that contain corticosteroids.

How does it work

The tablet contains a small amount of HDM allergen. When taken daily, it helps your immune system become less sensitive to HDM. You may notice that your symptoms improve after 8 to 14 weeks.

You will need to take one dose every day for 3 years for long-term benefit. If there is no improvement after 12 months, speak to your allergy team. Keep taking your other allergy or asthma medicines unless told otherwise.

Who should avoid Acarizax®

Acarizax® is not recommended for individuals with the following conditions:

- If you have severe asthma.
- If you have swelling or inflammation of the mouth.
- If you have severe mouth ulcers.
- If you have a severe fish allergy as this medication contains fish gelatine.

Tell your doctor:

- If you recently had dental work or lost a tooth. You may need to pause treatment until the wound heals.
- If you have reacted badly to HDM allergy injections before.
- If you have an autoimmune disease.
- If you are pregnant or planning a pregnancy.
- If you have asthma.
- If you have a current chest infection.
- If you are planning to have any vaccinations. You can usually continue taking Acariza® after a medical review.

How to take Acarizax®

First dose in clinic

Your first dose will be taken in the clinic so that the clinical team can monitor you. The clinical team will check your observations, this may include your pulse, blood pressure and peak flow. You will stay in the department for one hour for observation. We advise you to take a non-drowsy antihistamine one to two hours before your first dose and for the next couple of weeks of treatment. This is to help reduce the local mouth symptoms you may experience.

Daily at home

1. Make sure your fingers are dry before removing the tablet.
2. Place the tablet under your tongue; it dissolves quickly.
3. Avoid swallowing for 1 minute.
4. Do not eat or drink for 5 minutes after the dose.
5. Take 1 tablet once daily at about the same time.

If you miss a dose, you can take it later on the same day. Do not take two tablets on the same day. If you miss more than 7 days in a row, contact your clinic or GP.

Common side effects

In the first three months of treatment it is common to have:

- Itching, tingling, or swelling in the mouth/throat.

- Throat irritation, ulcers, altered taste.
- Cough, mild asthma symptoms, hoarseness.
- Stomach pain, nausea, diarrhoea, tiredness.
- Ear or eye itching, heartburn, infections.

If you have experienced any of the symptoms above, an antihistamine may help. If you are unsure you can ask your clinical team for advice.

When to seek urgent medical help

Go straight to the emergency department or ring 999 if you develop:

- Sudden worsening of your asthma.
- If you are having breathing trouble.
- If you have any swelling of the face, mouth or throat.
- If you have voice changes.
- If you have throat tightness or are having trouble swallowing.
- If you have a rash.
- If you feel faint or you have fainted.
- If you have a severe allergic reaction.

You can report any side effects using the website below.

Yellow Card

Website: www.yellowcard.mhra.gov.uk

Pregnancy, breastfeeding, and fertility

Do not start Acarizax® during pregnancy. If you become pregnant while on treatment, contact your team. It may be possible to continue with your treatment after you have spoken to your clinical team.

There is no clinical data to say you cannot take this medication when breastfeeding.

There is no clinical data to say this medication affects fertility. Animal studies have shown no effect on reproductive organs.

Monitoring and follow-up

Your first dose is supervised in the clinic with observations and at least one hour of monitoring. You may be asked to phone or email the department in the first few days to report early side effects. You will then be reviewed annually by the allergy team. Your GP will continue prescribing and may review you between hospital appointments.

Benefits

- Less allergy symptoms and flare-ups.
- It may reduce the need for other allergy medicines.
- It is possible to achieve long-term control after 3 years.

Risks

- You may have more mouth and throat reactions.
- You may experience a serious allergic reaction, though this is rare.
- Your asthma may worsen.

Alternatives

- You can continue using nasal sprays or antihistamines.
- Avoid HDM exposure.
- Other immunotherapy options may be available. Please ask your clinical team.

Practical Tips

Take your tablet at the same time every day. It may be helpful to link it to your routine, such as after brushing your teeth. You may also find it helpful to set a reminder on your mobile device. It is important that you do not share your tablet and that you store it as described in the PIL.

Contact information

Allergy Clinic

Tel: 0300 422 6187

Monday to Friday, 09:00 am to 17:00 pm

Allergy Secretaries

Email: natasha.hill3@nhs.net

Out of hours or urgent care

NHS 111;

Accessibility and formats

If you need this information in another language, large print, Braille or audio, please let the clinic know. The hospital can provide information in alternative formats that comply with accessibility standards.

Content reviewed: December 2025



Registered Charity 1051606

Every donation you choose to give helps your local hospitals do more to care for you, everyone you love and our passionate NHS staff.

If you would like to find out more, please contact:

Charity Office **0300 422 3231** or visit [gloshospitals.nhs.uk/charity](https://www.gloshospitals.nhs.uk/charity)

GHPI1938_12_25

Department: ENT

Review due: December 2028

www.gloshospitals.nhs.uk