Grazax
GP Information Sheet

Introduction

Grazax is a standardised allergen extract of grass pollen. It is an oral lyophilisate (melt) formulation, for the treatment of seasonal allergic hay fever due to grass pollen in adults and children (5 years or older). By repeated administration of the allergen to allergic individuals, the immunological response to the allergen can be modified.

Patients will be assessed for suitability of treatment at the secondary care clinic, where the indication for treatment, any relevant co-morbidities etc will be considered and the patient counselled on the medication and actions to take in the event of an allergic or adverse reaction.

Grazax should be used with caution in patients with asthma. In practice many well controlled asthmatics are treated with grazax.

Dosage and Administration

The recommended dose is one oral lyophilisate daily.

It should be taken with dry fingers from the blister pack and placed under the tongue, where it will disperse. Swallowing should be avoided for approximately 1 minute. Food and beverages should not be taken for the following 5 minutes

The first dose should be taken under medical supervision and the patient should be monitored for 20–30 minutes

Treatment is usually started at least 4 months before start of pollen season. A treatment duration of 3 years may be required to achieve disease modification.

Available as

Grazax oral lyophilisate in pack size of 30.

Monitoring Requirements

The first oral lyophilisate should be taken in secondary care under medical supervision to enable the patient should be monitored for 20-30 minutes. Subsequent doses may be taken unsupervised.

Response to treatment will be assessed at secondary care clinic reviews. If no improvement is observed during the first year, treatment may be stopped.

A treatment duration of 3 years may be required to achieve disease modification and the clinic will advise when treatment is complete.

Adverse Effects, Precautions and Contraindications

Systemic allergic reactions, and worsening of the symptoms of existing oral allergy syndrome, are usually only expected at treatment initiation. Local allergic reactions of the upper respiratory system, oral pruritus, throat irritation, rhinitis, ear pruritus, and gastrointestinal disorders are common.

Common Drug Interactions

No interactions or no potential drug interactions have been identified but special caution/consideration should be given to commencing grazax in patients who are already established on tricyclic antidepressants, MAOIs, COMT inhibitors, beta-blockers, and ACEI, due to the potential risk of attenuation of adrenaline if this is required for a severe systemic reaction.

Communication

For any queries relating to this patient's treatment with Grazax, please contact the specialist.

This information is not inclusive of all prescribing information and potential adverse effects.
Please refer to full prescribing data in the SPC at https://www.medicines.org.uk/emc/or the BNF

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