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Advice From Your Allergist on Allergy Tablets

Allergists can now offer more relief options to some allergy patients. Allergy tablets may be prescribed to treat people who are allergic to ragweed, some grass pollen and dust mites.

What are allergy tablets?

Allergy tablets are a form of sublingual immunotherapy (SLIT). They offer a way to treat some allergies without shots. The tablets are placed under the tongue for one to two minutes and then swallowed as they dissolve. The process is repeated from three days a week to as often as daily. The tablets will increase your tolerance to your allergen and reduce your symptoms over time. For continued effectiveness, treatment may be needed for three years or longer. Allergy tablets are currently available for ragweed, grass pollens and dust mites.

Will SLIT tablets work for me?

Treatment with allergy tablets may begin after your allergist determines you are allergic to grass, ragweed pollen or dust

mites. Different tablets are approved for specific ages. Your allergist will help you determine the best treatment for your allergy.

Allergists are specialists trained in the best methods for allergy testing and treatment so you can live the life you want. When combined with a detailed medical history, allergy testing can help find the specific cause of your allergic reactions.

Are allergy tablets safe?

Side effects for adults and children are usually local and mild, occurring most often early in treatment. They include itching of the mouth or stomach problems. These can usually be managed by dose adjustments after discussion with your allergist.

The risks of SLIT mostly relate to the nature of the treatment. The tablets are taken at home without direct medical supervision. You should receive clear guidance from your allergist on what to do if you experience a very rare, but severe, allergic reaction (anaphylaxis) or miss a scheduled treatment.

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You need to know when to consult your allergist. An epinephrine auto-injector will be prescribed to treat a severe reaction at home.

Are allergy tablets better than allergy shots?

Both types of immunotherapy help the body build resistance to the effects of an allergen. They reduce the symptoms caused by allergens. Immunotherapy can sometimes make skin test reactions disappear and decrease the chance of asthma and new allergies.

Allergy tablets treat only one type of allergen, but more than one tablet can be taken at a time to treat more than one allergy. Allergy sufferers are typically allergic to more than one allergen. Allergy shots, also known as subcutaneous immunotherapy (SCIT), can provide relief for several allergens. Allergy shots are effective in treating allergies to many allergens including grass, weed, house dust, dander, mold and stinging insects.

There are pros and cons of these different forms of treatment. Board-certified allergists can help you make good short-term and long-term choices. They can help you take back control of your life.

There are many ways to treat allergies. Each person's treatment is based on how often they have symptoms, how bad symptoms are and how long they last. Speak to your allergist if you have more questions.

Get tested! Get treated! Get better!



For more information about allergy treatment, and to locate a board-certified allergist in your area, visit AllergyAndAsthmaRelief.org.

Board-certified allergists are specialists in diagnosing and treating allergies and asthma.

