

Immunotherapy

ALLERGOLOGY

Patient information

- Treats the cause of the allergy.
- Treatment takes a long time (3 to 5 years) and is intensive.
- With injections or tablets.
- Average 50% reduction in symptoms.
- Available for allergic reactions against: grass pollen, tree pollen, house dust mites, cat, wasp- and bee venom.

What does immunotherapy involve?

With immunotherapy, the underlying cause of an allergy is treated. Regular exposure to the substance you are allergic to leads to gradual desensitization. As a result, the immune system responds less or even stops responding to the substance, leading to a reduction in symptoms.

What does the treatment look like?

Immunotherapy can be administered in two forms. Depending on the allergy, these forms are injections and/or tablets. When using injections, the treatment consists of an initiation phase and a maintenance phase. During the initiation phase, you receive weekly injections of increasing strength. This phase typically lasts 10 to 15 weeks. In the maintenance phase, injections of equal strength are given every 4 to 6 weeks. This can possibly be done by your general practitioner. Before each injection, you take an antihistamine tablet to prevent possible side effects.

After each injection, you need to wait with your healthcare provider for 30 minutes due to the potential serious side effects.

For immunotherapy with tablets, you take a dissolvable tablet every day. The first time, this is done at the healthcare provider's office. After taking the tablet, you wait for 30 minutes due to possible side effects. The strength of these tablets remains consistent throughout the entire treatment. The total duration of the treatment is 3 to 5 years.

What can you expect from immunotherapy?

The results of immunotherapy can be considered highly positive. On average, allergic symptoms decrease by 50%. In the case of wasp venom, almost complete recovery is achieved. The effect persists for years after the treatment. In addition, immunotherapy reduces the risk of developing asthma.

For which allergies is immunotherapy available?

Injections: grass pollen, tree pollen, house dust mites, cat, wasp- and bee venom.

Tablets: grass pollen, house dust mites, birch pollen.

Which side effects can you expect?

The side effects of immunotherapy are generally mild. You can find the most important side effects below (a comprehensive overview is provided in the leaflet/instruction manual of the medication).

Injections

- Around the injection site: swelling, redness, and itching.
- General reactions: fatigue, hay fever symptoms, hives (urticaria), muscle pain, (aggravation of) asthma, shock (rare).



Tablets

Itching and swelling in the mouth, itching of the ears, and throat irritation.

Resuscitation

All patients at DC Klinieken are resuscitated in an emergency situation. Have you signed a DNR form or discussed with your doctor that you do not want to be resuscitated? Then it is important to inform us of this.

Insurance coverage

DC Klinieken has contracts with all health insurers. This means that almost all healthcare costs are covered, similar to the hospital. However, you will need a referral from your general practitioner. Please be aware of your insurance excess. For more information about reimbursement and possible exceptions, please visit: www.dcklinieken.nl/vergoedingen.

Questions

For more information and answers to frequently asked questions, please visit: www.dcklinieken.nl/contact or contact our Service and Information Centre at +31 (0) 88 0100 900.

Emergency after visiting DC Klinieken

In case of emergency, call: +31 (0) 88 0100 998.

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