

## **Grastek Information**

### Administration Instructions:

1. Take the tablet from the blister unit after carefully removing the foil with dry hands.
2. Place the tablet immediately under the tongue. Allow it remain there until completely dissolved. Do not swallow for at least 1 minute.
3. Wash hands after handling the tablet.
4. Do not take the tablet with food or beverage. Food or beverage should not be taken for the following 5 minutes after taking the tablet.

### Potential Side Effects:

**\*\*Please refer to the Grastek box insert for full list of possible side effects.\*\***

1. Localized itching may occur on the tongue or underneath the tongue. It should subside 5 to 10 minutes after administration.\*
2. Localized swelling underneath the tongue may occur as well. It may feel as if something is “stuck” underneath your tongue. It should subside after 5 to 10 minutes.\*

\*These symptoms should diminish after a week of administration.

### Signs and Symptoms of Anaphylaxis

With the use of this medication, there is a small risk of an anaphylactic reaction. Signs and symptoms of anaphylaxis include:

- Wheezing, shortness of breath, cough, chest tightness or difficulty breathing
- Dizziness, fainting, rapid or weak heartbeat, anxiety, or feeling of “impending doom”
- Flushing, itching, hives, or warm feeling
- Swelling of the throat or tongue, throat tightness, hoarse voice or trouble swallowing

If these symptoms develop while in the office, please notify the nurse **IMMEDIATELY!** If these symptoms develop outside of the office, please use your EpiPen or other epinephrine auto-injector and **CALL 911 IMMEDIATELY** after use. You **MUST** notify the nurse of this reaction before your next dose.

**\*\*If you miss more than 7 doses, please call the office for further dosing instructions.\*\***