



# What to consider before opening a SLIT clinic

Sublingual immunotherapy (SLIT) can offer a long-term solution to those suffering with a range of airborne allergies. This checklist aims to guide you as you select patients who may benefit from treatment.



## Consideration before initiation of SLIT – Can you prescribe?

Yes



### First step, patient identification:

- Does the indication in the summary of product characteristics (SmPC) for your chosen treatment align with the patient's symptoms?
- Do they have a confirmed history of symptoms?
- Did they have a positive skin prick test or specific IgE test?
- Will they adhere to three years of treatment?
- Do the baseline observations and asthma status align to starting treatment?
- Have you confirmed that the patient has no contraindications to starting sublingual immunotherapy?

### Considerations for the start time of medication<sup>1,2...</sup>

- If the allergy is caused by **pollen**, treatment is recommended to start **4 months** prior to the start of grass pollen season.<sup>3</sup>
- If the allergy is caused by **tree birch pollen**, the treatment should start **at least 16 weeks** prior to the start of the season.<sup>4</sup>
- If caused by house **dust mites**, treatment can start **anytime**.<sup>5</sup>

**References:** 1. Roberts G. et al. Allergy. 2018 Apr;73(4):765-798. 2. BSACI Standard Operating Procedure: Administration of Sublingual Immunotherapy (SLIT). Available from <https://www.bsaci.org/wp-content/uploads/2021/11/BSACI-SLIT-SOP-2021-updated-1.pdf> (Accessed February 2025). 3. 75,000 SQ-T sublingual lyophilisate, SmPC. Available from <https://www.medicines.org.uk/emc/product/315/smpc>. 4. 12 SQ-Bet sublingual lyophilisate, SmPC. Available from <https://www.medicines.org.uk/emc/product/12906/smpc>. 5. 12 SQ-HDM sublingual lyophilisate, SmPC. Available from <https://www.medicines.org.uk/emc/product/12905/smpc>.



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### Stock availability/prescriptions:

- ☐ Have you determined how the first dose will be provided and where the prescription will come from (e.g. private vs hospital pharmacy)?
- ☐ Have you planned who will provide follow up prescriptions and established how often will the patient get a script (e.g., 3 or 6 months, 1 pack etc.)?

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### Clinic particulars:

- ☐ Do you have trained staff for post dose supervision?
- ☐ Do you have a room for patients post-dose?
- ☐ Do you have a resuscitation/anaphylaxis kit on standby?

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### Recording consultation:

- ☐ Have you decided where/how is your consultation going to be recorded?
- ☐ Have you considered whether the Quality-of-Life questionnaire be digitised?

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### Follow up appointments:

- ☐ Have you determined how often the patient will be seen across the three years?
- ☐ Have you established whether follow-up care will be managed by the hospital, GP or via shared care?
- ☐ If you choose to follow up with a GP, will this be communicated via a letter?

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### Patient support:

- ☐ Have you planned to discuss any potential side effects, including how to manage and minimise them, and how long they may last and how long you'd expect to see them (for example, 6-8 weeks)?
- ☐ Have you ensured patients are provided with the Patient Information Leaflet and contact number for support?



**Interested in opening a SLIT clinic for your patients? Get in touch with an ALK representative for more information on how you can set this up.**