



**ODACTRA**<sup>®</sup>  
House Dust Mite (*Dermatophagoides*  
*farinae* and *Dermatophagoides*  
*pteronyssinus*) Allergen Extract  
Tablet for Sublingual Use 12 SQ-HDM

# How to talk with your allergy specialist about getting the relief you need



## Use this guide to discuss your allergies

House dust mites cause symptoms in nearly half of people with allergies. Could this be why you aren't getting enough relief from your allergy medicine?

If you need more relief, allergy specialists (such as allergists or ear, nose, and throat [ENT] doctors) are trained to get to the bottom of allergies.

To help your allergy specialist better understand whether you have a house dust mite allergy, answer the questions below by choosing the quotes that best describe how you feel. Be sure to bring this guide with you to your appointment.

### My allergy symptoms

Do any of the following describe you? You can check more than one.

- |  |  |
|--|--|
| <input type="checkbox"/> "My symptoms bother me when I sleep or when I first wake up." | <input type="checkbox"/> "My symptoms are worse when I spend a lot of time indoors." |
| <input type="checkbox"/> "I have symptoms all year long, and                           | "I have multiple allergy symptoms, including   |
| <input type="checkbox"/> they get worse during allergy season."                        | <input type="checkbox"/> stuffy nose."   |
| <input type="checkbox"/> they do not get worse during allergy season."                 | <input type="checkbox"/> itchy/watery eyes."   |
|  | <input type="checkbox"/> itchy/runny nose."  |

### Things I've tried

Have you done any of the following to deal with your allergies? You can check more than one.

- |   |   |
|---|---|
| <input type="checkbox"/> "I vacuum frequently and regularly wash the linens and drapes."                          | <input type="checkbox"/> "I'm taking over-the-counter and/or prescription medications like*   |
| <input type="checkbox"/> "I've purchased 'mite-proof' products, like special covers for my pillows and mattress." | <input type="checkbox"/> antihistamine tablets (eg, Zyrtec <sup>®</sup> , Benadryl <sup>®</sup> , Allegra <sup>®</sup> , or Claritin <sup>®</sup> )." |
| <input type="checkbox"/> "I've replaced or removed carpets, rugs, and/or drapes."                                 | <input type="checkbox"/> nasal sprays (eg, Nasacort <sup>®</sup> , Flonase <sup>®</sup> , Astepro <sup>®</sup> , or Rhinocort <sup>®</sup> )."        |
|   | <input type="checkbox"/> allergy eye drops (eg, Pataday <sup>®</sup> , Opcon-A <sup>®</sup> , or Visine <sup>®</sup> )."                              |
|   | <input type="checkbox"/> Other _____."  |

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**Discussion Guide continues on the next page.**

### What is ODACTRA?

ODACTRA is a prescription medicine used for sublingual (under the tongue) immunotherapy to treat house dust mite allergies that can cause sneezing, runny or itchy nose, stuffy or congested nose, or itchy and watery eyes. ODACTRA may be prescribed for persons 18 through 65 years of age who are allergic to house dust mites. ODACTRA is NOT a medication that gives immediate relief for symptoms of house dust mite allergy.

### Selected Important Safety Information about ODACTRA

What is the most important information I should know about ODACTRA?

ODACTRA can cause severe allergic reactions that may be life-threatening. If any of these symptoms occur, stop taking ODACTRA and immediately seek medical care:

- Trouble breathing
- Throat tightness or swelling
- Trouble swallowing or speaking
- Dizziness or fainting
- Rapid or weak heartbeat
- Severe stomach cramps or pain, vomiting, or diarrhea
- Severe flushing or itching of the skin

**Before taking ODACTRA, please read the Boxed WARNING, full Prescribing Information, and Patient Medication Guide available at ODACTRA.com.**

# Find out if ODACTRA could be right for you

## Fitting my treatment needs

What are you hoping to get out of a new allergy medicine?

- "I want more control over my allergy symptoms."  "Over time, I'm hoping I can take less allergy medicine."  
 "I am looking for more than short-term symptom treatment."  "I want something I can take on my schedule."

## What to expect when you see your allergy specialist

During your appointment, it's important that you talk with your allergy specialist about the quotes you checked off.

The first step he or she may take is to test your skin or your blood to discover whether house dust mites or something else is causing your symptoms. Once your allergy specialist knows the cause, he or she can prescribe medicine that will focus on that cause.

To find an allergy specialist in your area, go to [ODACTRA.com](http://ODACTRA.com) to use the doctor finder tool.

If your allergy specialist thinks you are allergic to house dust mites, ask for ODACTRA, a daily tablet that you take under your tongue to treat the underlying cause of your house dust mite allergy

## Selected Important Safety Information about ODACTRA (continued)

For home administration of ODACTRA, your doctor should prescribe auto-injectable epinephrine to treat a severe reaction, should one occur. Your doctor will train and instruct you on the proper use of auto-injectable epinephrine.

If you forget to take ODACTRA, do not take two tablets. Take the next tablet at your normal scheduled time the next day. If you miss more than one tablet of ODACTRA, contact your doctor before restarting.

Do not take ODACTRA if:

- You have severe, unstable or uncontrolled asthma
- You had a severe allergic reaction in the past that included any of these symptoms: trouble breathing, dizziness or fainting, rapid or weak heartbeat
- You have ever had difficulty with breathing due to swelling of the throat or upper airway after using any sublingual immunotherapy before
- You have ever been diagnosed with eosinophilic esophagitis
- You are allergic to any of the inactive ingredients in ODACTRA

Your doctor may decide that ODACTRA is not the best treatment if:

- You have asthma, depending on how severe it is
- You suffer from lung disease such as chronic obstructive pulmonary disease (COPD)
- You suffer from heart disease such as coronary artery disease, an irregular heart rhythm, or you have hypertension that is not well controlled
- You are pregnant, plan to become pregnant during the time you will be taking ODACTRA, or are breast-feeding
- You are unable or unwilling to administer auto-injectable epinephrine to treat a severe allergic reaction to ODACTRA
- You are taking certain medicines that enhance the likelihood of a severe reaction, or interfere with the treatment of a severe reaction.

These medicines include:

- Beta blockers and alpha-blockers (prescribed for high blood pressure)
- Cardiac glycosides (prescribed for heart failure or problems with heart rhythm)
- Diuretics (prescribed for heart conditions and high blood pressure)
- Ergot alkaloids (prescribed for migraine headache)
- Monoamine oxidase inhibitors or tricyclic antidepressants (prescribed for depression)
- Thyroid hormone (prescribed for low thyroid activity)
- If you are receiving allergy shots or other immunotherapy under the tongue. Use of more than one of these types of medicines together may increase the likelihood of a severe allergic reaction

Stop taking ODACTRA and contact your doctor if you have any mouth surgery procedures (such as tooth removal), develop any mouth infections, ulcers or cuts in the mouth or throat, or have heartburn, difficulty swallowing, pain with swallowing, or chest pain that does not go away or worsens.

The most commonly reported side effects were throat irritation/tickle, itching in the mouth or ears, swelling of the back of the mouth, lips or tongue. These side effects, by themselves, are generally not dangerous or life-threatening.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit [www.fda.gov/medwatch](http://www.fda.gov/medwatch) or call 1-800-FDA-1088.

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