

Self-administration of omalizumab injections for hives (chronic spontaneous urticaria)

Allergy and Immunology

Information for Patients

Last reviewed: October 2023
Updated: September 2024
Next review: October 2026
Leaflet number: 1039 Version: 2.1

Introduction

Chronic spontaneous urticaria (CSU) is a skin condition that causes red, swollen, itchy and sometimes painful hives. You will have been treated for this in clinic with omalizumab, and are now moving to self-administration at home. We will help you to pass the required training which is needed, before you can self-administer at home.

The nursing team will give you an omalizumab information pack which includes details about the drug and how to inject yourself. We will provide you with the equipment you will need.

You will have review appointments with the nurse and doctor throughout your treatment.

Please also follow the instructions below:

- Keep taking your current medicine for CSU during omalizumab treatment, unless advised otherwise by the Allergy Team.
- Tell us if you get any new health issues, or if you have been asked to start any new medication.
- We will give you a patient record form. Don't forget to fill this in as you have each injection. Please bring it with you to each clinic visit.
- Make a note of when each injection is due, and make sure you check you have enough omalizumab at home.
- Every time you collect omalizumab from the hospital, you **must** bring a cool bag to put it in.
- You will need to monitor your fridge temperature, which should be between 2 and 8 degrees centigrade.

**Health information and support is available at www.nhs.uk
or call 111 for non-emergency medical advice**

Visit www.leicestershospitals.nhs.uk for maps and information about visiting Leicester's Hospitals
To give feedback about this information sheet, contact InformationForPatients@uhl-tr.nhs.uk

What do I do if I prick myself with the needle?

Wash the area with soap under a running cold tap for 10 minutes. If there is bleeding, apply a cotton wool swab and maintain gentle pressure for 2 minutes until the bleeding stops. The bleeding will soon stop and any bruising will disappear.

Get advice from your GP surgery if needed.

Is this treatment safe?

Trials for omalizumab in the treatment of CSU have shown an excellent safety record.

Some patients do experience headache, swelling of the sinuses (sinusitis), aching joints, cold-like symptoms, and soreness at the injection site.

This treatment is not recommended during pregnancy. It is your responsibility to use suitable contraception during your treatment. **If you become pregnant please let us know immediately.**

A life-threatening allergic reaction is rare, however you should be aware of the signs that you could be having a serious reaction where you need immediate hospital treatment.

Call 999 if after the injection you suddenly have any ONE of these symptoms:

A - Airway	<ul style="list-style-type: none">Swelling of the tongueSwelling / tightness in your throatDifficulty talking / hoarse voice
B - Breathing	<ul style="list-style-type: none">Difficulty breathing or noisy breathingWheeze or persistent cough
C - Circulation	<ul style="list-style-type: none">Persistent dizziness or collapseLoss of consciousness

While you are waiting for an ambulance lie down flat unless you have trouble breathing. If you have difficulty breathing sit up instead.

Antihistamine medicines may provide relief for mild to moderate allergic reactions.

Who can I contact if I have any problems?

You can leave a message with the secretary for the Allergy and Immunology Nurse on 0116 258 6180 (Monday to Friday, 8am to 4pm). Or you can contact your GP for advice if needed.

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Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

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