

12 SQ-HDM SLIT for treating allergic rhinitis and allergic asthma caused by house dust mites

Information for the public

Published: 5 March 2025

www.nice.org.uk

Allergic rhinitis

12 SQ-HDM SLIT (standard quality house dust mite sublingual lyophilisate; Acarizax) is available on the NHS as a possible treatment for moderate to severe house dust mite allergic rhinitis in people 12 to 65 years. It is available if the allergic rhinitis is:

- diagnosed by clinical history and a positive test of house dust mite sensitisation (skin prick test or specific immunoglobulin E [IgE]) and
- persistent despite use of symptom-relieving medicine.

Allergic asthma

12 SQ-HDM SLIT is not normally available on the NHS for treating house dust mite allergic asthma in adults.

Your healthcare professional should talk with you about other treatment options. If you are already having it, you should be able to continue until you and your healthcare professional decide when best to stop.

Is this treatment right for me?

Your healthcare professionals should give you clear information, talk with you about your options and listen carefully to your views and concerns. Your family can be involved too, if you wish. See [our webpage on making decisions about your care](#).

Questions to think about

- How well does it work compared with other treatments?
- What are the risks or side effects? How likely are they?
- How will the treatment affect my day-to-day life?
- What happens if the treatment does not work?
- What happens if I do not want to have treatment? Are there other treatments available?

Information and support

The [NHS webpages on allergic rhinitis](#) and [asthma](#) may be a good place to find out more.

These organisations can give you advice and support:

- [Anaphylaxis UK](#), 01252 542029
- [Asthma & Lung UK](#), 0300 222 5800
- [Allergy UK](#), 01322 619898
- [Fifth Sense](#), info@fifthsense.org.uk

You can also get support from your local [Healthwatch](#).

NICE is not responsible for the quality or accuracy of any information or advice provided by these organisations.

ISBN: 978-1-4731-6870-1