

Betula verrucosa for treating moderate to severe allergic rhinitis or conjunctivitis caused by tree pollen

Information for the public
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Betula verrucosa (Itulazax 12 SQ-Bet) is available on the NHS. It is a possible treatment for moderate to severe allergic rhinitis or conjunctivitis caused by pollen from trees in the birch allergy group. It is for adults who:

- still have symptoms despite using symptom-relieving medicines
- have had a positive sensitisation test (skin prick test or test for immunoglobulin E, a type of antibody) to a tree from the birch allergy group.

The birch allergy group includes alder, hazel, oak, hornbeam, chestnut and beech.

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 webpage on allergic rhinitis](#) and the [NHS webpage on conjunctivitis](#) may be good places to find out more.

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

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