PATIENT & CAREGIVER EDUCATION

White Birch Allergen Extract

This information from UpToDate® Lexidrug™ explains what you need to know about this medication, including what it's used for, how to take it, its side effects, and when to call your healthcare provider.

Brand Names: Canada

Itulatek

Warning

- Allergic reactions have happened with this drug. Rarely, some reactions can be very bad or life-threatening. Talk with the doctor.
- The first dose will be given in a doctor's office.
- The doctor will give you another drug (epinephrine) to give in case of an allergic reaction. Be sure you know how and when to give it. Certain drugs may make epinephrine not work as well or raise the chance of side effects. This includes some drugs used to treat depression, heart problems, or high blood pressure. There are many drugs that interact with epinephrine. Talk with the doctor or pharmacist to make sure it is safe to give epinephrine with all of your child's drugs.

What is this drug used for?

- It is used to treat allergies caused by birch, alder, hazel, or oak pollen.

What do I need to tell the doctor BEFORE my child takes this drug?

- If your child is allergic to this drug; any part of this drug; or any other drugs, foods, or substances. Tell the doctor about the allergy and what signs your child had.
- If your child has had a severe allergy to treatment for birch or other tree pollen in the past.
- If your child has severe asthma or asthma that is not controlled.
- If your child has ever had eosinophilic esophagitis.
- If your child has swelling, sores, or an infection in the mouth, or has recently had a mouth injury, tooth loss, or any oral surgery.
- If your child is taking a beta blocker like atenolol, metoprolol, or propranolol.

This is not a list of all drugs or health problems that interact with this drug.

Tell the doctor and pharmacist about all of your child's drugs (prescription or OTC, natural products, vitamins) and health problems. You must check to make sure that it is safe to give this drug with all of your child's other drugs and health problems. Do not start, stop, or change the dose of any drug your child takes without checking with

the doctor.

What are some things I need to know or do while my child takes this drug?

- Tell all of your child's health care providers that your child is taking this drug. This includes your child's doctors, nurses, pharmacists, and dentists.
- If your child feels dizzy, have your child avoid tasks or actions that call for alertness. These are things like riding a bike, playing sports, or using items such as scissors, lawnmowers, electric scooters, toy cars, or motorized vehicles.
- You will need to watch your child for signs of allergic reaction for 15 minutes after giving this drug.
- This drug will not help allergy signs get better if the signs are already present. Talk with the doctor.
- This drug is most useful if started before contact with the pollen that causes your child's allergy. Start giving this drug at least 16 weeks before the tree pollen season.
- If your child has asthma and has trouble breathing or your child's asthma gets harder to control, call the doctor right away.

If your child is pregnant or breast-feeding a baby:

- Talk with the doctor if your child is pregnant, becomes pregnant, or is breast-feeding a baby. You will need to talk about the benefits and risks to your child and the baby.

What are some side effects that I need to call my child's doctor about right away?

WARNING/CAUTION: Even though it may be rare, some people may have very bad and sometimes deadly side effects when taking a drug. Tell your child's doctor or get medical help right away if your child has any of the following signs or symptoms that may be related to a very bad side effect:

- Signs of an allergic reaction, like rash; hives; itching; red, swollen, blistered, or peeling skin with or without fever; wheezing; tightness in the chest or throat; trouble breathing, swallowing, or talking; unusual hoarseness; or swelling of the mouth, face, lips, tongue, or throat.
- Trouble swallowing or speaking.
- Pain with swallowing.
- Heartburn.
- Change in voice.
- Chest pain or pressure, a fast heartbeat, or an abnormal

heartbeat.

- Dizziness or passing out.
- Flushing.
- Shortness of breath.
- Cough.
- Stomach pain or cramps.
- Throwing up.
- Diarrhea.
- Feeling nervous or having a feeling of doom.
- Feeling of something stuck in the throat that bothers your child or does not go away.

What are some other side effects of this drug?

All drugs may cause side effects. However, many people have no side effects or only have minor side effects. Call your child's doctor or get medical help if any of these side effects or any other side effects bother your child or do not go away:

- Itching in the ear, mouth, or tongue.
- Numbness or tingling in the mouth.
- Mouth pain.
- Throat irritation.

These are not all of the side effects that may occur. If you have questions about side effects, call your child's doctor. Call your child's doctor for medical advice about side effects.

You may report side effects to your national health agency.

How is this drug best given?

Give this drug as ordered by your child's doctor. Read all information given to you. Follow all instructions closely.

- Be sure your hands are dry before you touch this drug.
- Do not take this drug out of the blister pack until you are ready to give this drug to your child. Give this drug right away after opening the blister pack. Do not store the removed drug for future use.
- Place under your child's tongue and let dissolve all the way before swallowing. Do not let your child chew, suck, or swallow the tablet.
- Do not let your child swallow for at least 1 minute after putting this drug in your child's mouth.
- Do not let your child eat or drink while the tablet is dissolving or for 5 minutes after the tablet dissolves.
- Wash hands after use.

What do I do if my child misses a dose?

- Skip the missed dose and go back to your child's normal time.
- Do not give 2 doses at the same time or extra doses.
- If it has been more than 15 days since your child's last dose, call the doctor to find out what to do.

How do I store and/or throw out this drug?

- Store at room temperature.
- Store this drug in the blister pack that it comes in.
- Keep all drugs in a safe place. Keep all drugs out of the reach of children and pets.
- Throw away unused or expired drugs. Do not flush down a toilet or pour down a drain unless you are told to do so. Check with your pharmacist if you have questions about the best way to throw out drugs. There may be drug take-back programs in your area.

General drug facts

- If your child's symptoms or health problems do not get better or if they become worse, call your child's doctor.
- Do not share your child's drug with others and do not give anyone else's drug to your child.
- Some drugs may have another patient information

leaflet. If you have any questions about this drug, please talk with your child's doctor, nurse, pharmacist, or other health care provider.

- If you think there has been an overdose, call your poison control center or get medical care right away. Be ready to tell or show what was taken, how much, and when it happened.

Consumer Information Use and Disclaimer

This generalized information is a limited summary of diagnosis, treatment, and/or medication information. It is not meant to be comprehensive and should be used as a tool to help the user understand and/or assess potential diagnostic and treatment options. It does NOT include all information about conditions, treatments, medications, side effects, or risks that may apply to a specific patient. It is not intended to be medical advice or a substitute for the medical advice, diagnosis, or treatment of a health care provider based on the health care provider's examination and assessment of a patient's specific and unique circumstances. Patients must speak with a health care provider for complete information about their health, medical questions, and treatment options, including any risks or benefits regarding use of medications. This information does not endorse any treatments or medications as safe, effective, or approved for treating a

specific patient. UpToDate, Inc. and its affiliates disclaim any warranty or liability relating to this information or the use thereof. The use of this information is governed by the Terms of Use, available at https://www.wolterskluwer.com/en/know/clinical-effectiveness-terms.

Last Reviewed Date
2025-05-22

Copyright
© 2026 UpToDate, Inc. and its affiliates and/or licensors. All rights reserved.

If you have questions or concerns, contact your healthcare provider. A member of your care team will answer Monday through Friday from 9 a.m. to 5 p.m. Outside those hours, you can leave a message or talk with another MSK provider. There is always a doctor or nurse on call. If you're not sure how to reach your healthcare provider, call 212-639-2000.

For more resources, visit www.mskcc.org/pe to search our virtual library.

White Birch Allergen Extract - Last updated on May 25, 2025
All rights owned and reserved by Memorial Sloan Kettering Cancer Center