KENALOG® (Triamcinolone) INJECTION INFORMATION & CONSENT FORM We want you to have clear information about your choice to have a Kenalog® injection to relieve the symptoms of hay fever. It is most important that you understand this information so please discuss any questions with the practitioner.

We also encourage you to seek further information via reputable online resources or elsewhere to make sure you are comfortable with the risks and benefits of this treatment.

Reasons for having a Kenalog® injection:

Treatment of severe hay fever, that is resistant to alternative treatments.

Each Kenalog® injection contains Triamcinolone acetonide 40mg/1ml as the active ingredient. Triamcinolone acetonide belongs to a group of medicines called corticosteroids (steroids). The principal effect of corticosteroids is to reduce the body's inflammatory & allergic response and they are used very commonly for many serious medical conditions.

Research conducted by pharmaceutical company GSK, shows that more than half of consumers of over-the-counter allergy products are dissatisfied with their treatment and are willing to try something new. Kenalog® injections were given routinely to severe hay fever sufferers via the NHS until about 5-10 years ago but have now fallen out of favour and the NHS no longer prescribes or administers Kenalog® for hay fever as their guidelines have determined that the potential risks do not justify the benefits that people may gain from the treatment. There are many people who have used this treatment to good effect and while we do not directly disagree with the assessment of the NHS, we do believe in patient choice and are happy to make this treatment available to people who have thoroughly considered the risks. Kenalog® is still officially licensed for the treatment of severe hay fever in the UK and continues to be routinely administered to patients in most other countries.

A Kenalog® injection does not cure hay fever. It just temporarily suppresses the immune system enough to take away the symptoms in most people who need it. The potential problems from Kenalog® last for about 3 weeks after the injection but many people find the relief from symptoms commonly lasts the entire season.

Prior to treatment a consultation will take place with a registered medical practitioner. A full medical history will be taken as well as an explanation of current symptoms. The practitioner will also ask you what treatment you are currently using to manage your symptoms and whether this has been effective. The active ingredient in the Kenalog® injection is Triamcinolone acetonide which is a synthetic corticosteroid. It has a marked anti-inflammatory action and is used to treat a variety of allergic disorders including seasonal allergies such as hay fever. The starting dose is 40mg which is injected deep into the upper, outer area of the buttock. The effect of the injection will vary from person to person and further injections may be given to you when symptoms return at the discretion of the treating practitioner.

Contra-indications to treatment:

Pregnancy/breastfeeding.
Any recent infections and antibiotic use.
Recent bowel surgery and existing/historical stomach ulcer.
Mental health disorders such as anxiety/depression.
Any kidney, liver or thyroid problems as the dose may need to be adjusted.
You have recently suffered any form of cancer.
Immunosuppression or medication affecting your immune system including oral steroids.
You are diabetic not controlled by diet alone.
High blood pressure/heart failure.
Glaucoma.

You should always let your Doctor/Nurse/Dentist/Pharmacist and Optician know that you are being treated with corticosteroids before receiving any treatment.

I have had adequate time to consider my decision and I understand that I am free to revoke my consent at any time, prior to treatment, without the need to give any reason.

Name: Date:

Signature:

Treating Practitioner: