

Date 07/04/2026  
Your Ref  
Our Ref 11263

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Dear

## FREEDOM OF INFORMATION – SUBLINGUAL IMMUNOTHERAPY

I write in response to your request for information in relation to sublingual immunotherapy prescribing.

Question:

- I understand that sublingual immunotherapy is not routinely prescribed in Scotland, so I would be grateful if you could clarify whether patients who have already started treatment in England can continue it after moving to Scotland or whether cross-border referrals are possible for ongoing immunotherapy treatment.

Any guidance or information you could provide would be appreciated!

Answer:

Grazax is a prescription-only medicine; therefore, any supply within NHS Scotland must be initiated by a suitably qualified NHS Scotland prescriber.

In Scotland, decisions on whether a medicine should be recommended for use within the NHS are primarily made through the Scottish Medicines Consortium (SMC). The process is designed to ensure that medicines provide clinical benefit, value for money, and appropriate use of NHS resources, while allowing timely access for patients.

Grazax is a medicine that is eligible for appraisal by the SMC however the manufacturer has not made a submission for appraisal. <https://scottishmedicines.org.uk/medicines-advice/timothy-grass-pollen-allergen-grazax-nonsubmission-86813/>

NHS Scotland use the Individual Patient Treatment Request (IPTR) process for individual requests to access medicines that are within the remit of the SMC but have not been submitted by the manufacturer for appraisal.

Clinicians can submit a request on behalf of their patient with peer support if they consider the medicine to be the most appropriate treatment for the patient's clinical circumstances.

Headquarters  
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Chair Professor John Connaghan CBE  
Chief Executive Professor Caroline Hiscox  
*Lothian NHS Board is the common name of Lothian Health Board*

Requests are appraised within territorial health boards and panels usually meet once a month but they often have processes in place to conduct urgent appraisals where needed.

<https://www.publications.scot.nhs.uk/files/cel2010-17.pdf>  
<https://www.publications.scot.nhs.uk/files/cmo-2012-01.pdf>  
<https://www.publications.scot.nhs.uk/files/cmo-2011-03.pdf>

In summary, to support the continuation of this treatment on registration with a general practice in NHS Scotland, there is a requirement that a suitably qualified NHS Scotland prescriber submit a peer supported IPTR to a local panel for approval.

I hope the information provided helps with your request.

If you are unhappy with our response to your request, you do have the right to request us to review it. Your request should be made within 40 working days of receipt of this letter, and we will reply within 20 working days of receipt. If our decision is unchanged following a review and you remain dissatisfied with this, you then have the right to make a formal complaint to the Scottish Information Commissioner within 6 months of receipt of our review response. You can do this by using the Scottish Information Commissioner's Office online appeals service at [www.itspublicknowledge.info/Appeal](http://www.itspublicknowledge.info/Appeal). If you remain dissatisfied with the Commissioner's response you then have the option to appeal to the Court of Session on a point of law.

If you require a review of our decision to be carried out, please write to the FOI Reviewer at the email address at the head of this letter. The review will be undertaken by a Reviewer who was not involved in the original decision-making process.

FOI responses (subject to redaction of personal information) may appear on NHS Lothian's Freedom of Information website at: <https://org.nhslothian.scot/FOI/Pages/default.aspx>

Yours sincerely

**ALISON MACDONALD**  
**Executive Director, Nursing**  
Cc: Chief Executive