

SECURITIES AND EXCHANGE COMMISSION

FORM 497J

Certification of no change in definitive materials under paragraph (j) of Securities Act Rule 497

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FILER

**INSURED MUNICIPALS INC TR & INV QUAL TAX EX TR  
MULTI SER 154**

CIK: **877198** | State of Incorpor.: **DE** | Fiscal Year End: **1231**  
Type: **497J** | Act: **33** | File No.: **033-41672** | Film No.: **94541187**

Mailing Address  
*NULL*

Business Address  
*ONE PARKVIEW PLAZA  
C/O VAN KAMPEN MERRITT  
INC  
OAKBROOK TERRACE IL  
60181  
7086846057*

August 2, 1994

Securities and Exchange Commission  
450 Fifth Street, N.W.  
Washington, D.C. 20549-1004

Attn: Filing Desk - Stop 1-4

Re: Insured Municipals Income Trust and Investors' Quality Tax-  
Exempt Trust, Multi-Series 154  
File No. 33-41672 CIK #877198

Ladies/Gentlemen:

In accordance with the provisions of Rule 497(j) of Regulation C under the Securities Act of 1933 (the "Securities Act") this letter serves to certify that the most recent amendment to the Post-Effective of the subject Registration Statement on Form S-6 for the above captioned Trust does not differ from that which would have been filed pursuant to Rule 497(b) of the Securities Act. Amendment No. 3 to the Post-Effective, which was the most recent amendment to the Post-Effective of the Registration Statement, was filed electronically with the Commission on July 26, 1994.

Very truly yours,

Van Kampen Merritt Inc.