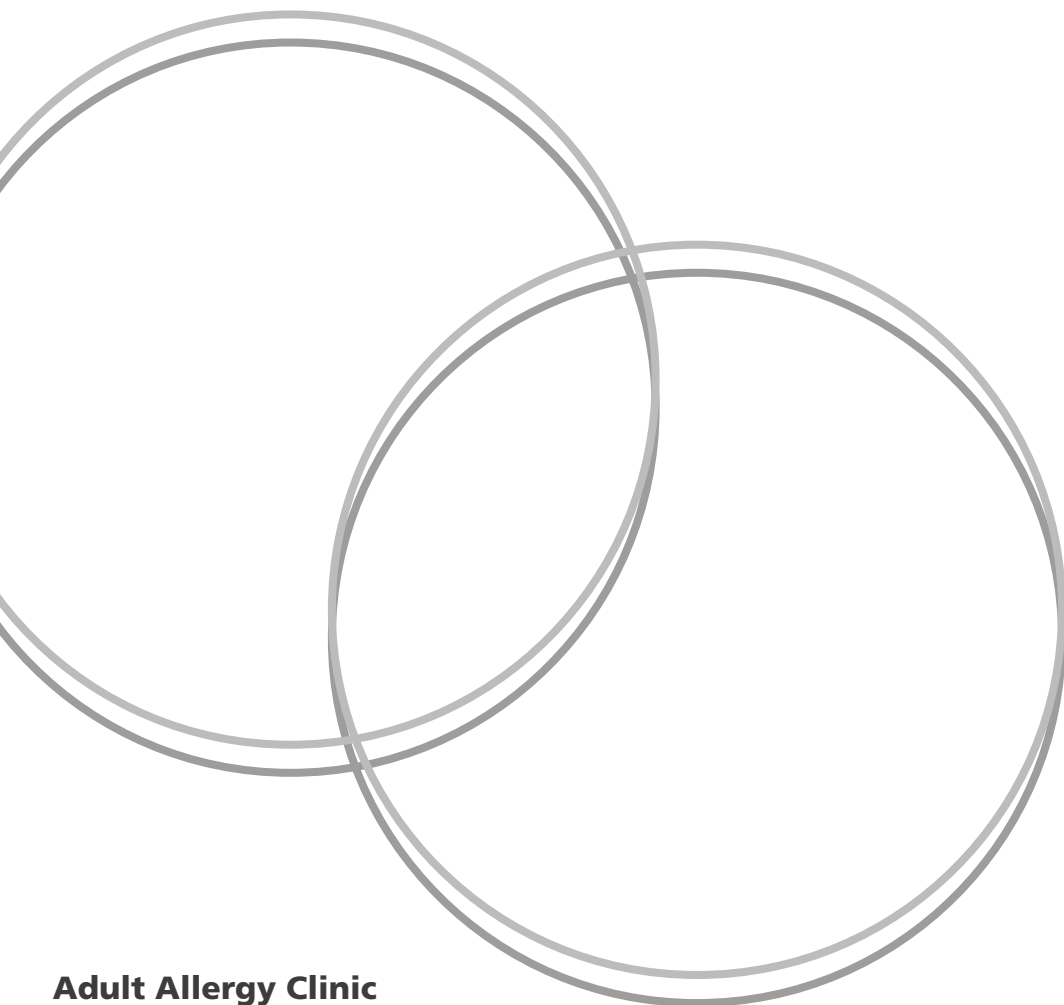


Allergic reaction: Action plan

Information for patients



Individual action plan for the management of an allergic reaction

Name

Known allergy/allergies

Next of Kin

Tel:

GP

Tel:

Mild or moderate symptoms

Tingling, itching or burning sensation in the mouth

Rapid development of nettle rash/wheals/hives (urticaria)

Intense itching

Swelling, particularly of the face

Feeling hot or very chilled

Rising anxiety

Pale or flushed

Abdominal pain

Nausea and/or vomiting

Mild breathlessness or wheeziness

Action

1. Give antihistamines

2. If prescribed, use a Ventolin or Bricanyl inhaler (Salbutamol or Terbutaline) for mild wheeziness

3. Ask someone to stay with you

4. Watch VERY carefully for any worsening of the reaction or a second phase of symptoms, several hours later

Severe symptoms (possibly life-threatening, but rare)

Severe difficulty in breathing: including either hoarseness, noisy or wheezy breathing or croupy or choking cough

Decreased level of consciousness: dizziness, faintness, floppy, very pale, blue lips, unresponsive

Collapse

Action

1. Do not leave the person alone
2. If decreased level of consciousness, place the person on their side in a comfortable position. If there are breathing difficulties, a supported sitting position will be better. Give repeated reassurance
3. Inject the Auto-injector (EPIPEN) in the upper/outer side of the thigh. Note the time of the injection. (Do not wait for the ambulance to arrive or medical advice before giving the Auto-injector).
4. Place in recovery position if unconscious. Attempt resuscitation if necessary
5. Phone 999 - ask a responsible person to phone for an ambulance stating you have a person with anaphylaxis. Inform them that an Auto-injector has been used.
6. If no improvement after 10 minutes, a second Auto-injector can be given. Note the time.
7. Ensure the Auto-injector is disposed of safely.

Further information

If you would like an interpreter, please speak to the department where you are being seen.

Please also tell them if you would like this information in another format, such as:

- Easy Read
- large print
- braille
- audio
- electronic
- another language.

We have tried to make the information in this leaflet meet your needs. If it does not meet your individual needs or situation, please speak to your healthcare team. They are happy to help.

Author: Allergy Multi-Disciplinary team
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Oxford University Hospitals NHS Foundation Trust
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