

Name.....

Known Allergens.....

Emergency Contact details..... 

Mild/Moderate Reaction

- Hives (raised, red itchy rash)
- Itchy/tingling lips, mouth or tongue
- Swollen lips, face, or eyelids
- Abdominal pain or vomiting

Action to take

- **Take**

**non-sedating
antihistamine(s)**

- Take a second dose if you have vomited, or are no better after 30 minutes
- Be prepared to use your adrenaline autoinjector.

How to give EpiPen®



Grasp EpiPen in dominant hand (the hand you use to write), with thumb nearest blue cap and form fist around unit (orange tip down)

With other hand pull off blue safety cap.



Hold the EpiPen at a distance of approximately 10 cm away from the outer thigh. The orange tip should point towards the outer thigh.

Jab the EpiPen firmly into outer thigh at a right angle (90 degree angle) (listen for click).



Hold firmly against thigh for 3 seconds. The injection is now complete and the window on the auto-injector is obscured. EpiPen should be removed (the orange needle cover will extend to cover needle) and safely discarded.

Dial 999, ask for ambulance, and state anaphylaxis.

Watch for signs of ANAPHYLAXIS

(life-threatening allergic reaction)

Anaphylaxis may occur without skin symptoms: ALWAYS consider that you might be having anaphylaxis if you develop **SUDDEN BREATHING DIFFICULTY**

A AIRWAY

- Swelling in throat, tongue or upper airway
- Difficulty in swallowing

B BREATHING

- Sudden onset wheezing
- Breathing difficulty
- Noisy breathing

C CIRCULATION

- Dizziness, feeling faint
- Sudden sleepiness, tiredness, confusion
- Pale clammy skin
- Loss of consciousness

IF YOU HAVE ANY OF THESE SIGNS OF ANAPHYLAXIS:

- 1 Lie flat with your legs raised (if breathing is difficult, you may sit up)



- 2 Use your Adrenaline auto-injector without delay (eg. EpiPen®)

- 3 Dial 999 for ambulance and say ANAPHYLAXIS (“ANA-FIL-AX-IS”)

AFTER GIVING ADRENALINE:

1. Stay lying flat or sitting up until ambulance arrives, **do NOT stand up.**
2. If you are no better **after 5 minutes, give yourself a further adrenaline dose** using a second auto-injectable device, if available.

You can dial 999 from any phone, even if there is no credit left on a mobile. Medical observation in hospital is recommended after anaphylaxis.

- Always carry your adrenaline auto-injector(s) with you
- Check the expiry date regularly on your adrenaline auto-injectors
- Practise how to use your pen with a trainer device

This medical document can only be completed by a suitably trained healthcare professional. It should not be edited after completion. A new document should be completed if changes are needed, and only with a trained healthcare professional's recommendation. During travel, adrenaline auto-injector devices must be carried in hand luggage or on the person, and **NOT** in the luggage hold.

This action plan and authorisation to travel with emergency medications has been prepared by:

Sign & print name

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Hospital/Clinic

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Contact details Date.....