

# ANAPHYLAXIS ACTION PLAN

For patients **without** adrenaline autoinjectors

Name:  
DOB:  
Allergens (if known):  
Emergency contact:  
Plan prepared by Dr  
Date

For more information on anaphylaxis visit:



[www.allergyuk.org](http://www.allergyuk.org)



[www.anaphylaxis.org.uk](http://www.anaphylaxis.org.uk)

## MILD TO MODERATE ALLERGIC REACTION

- Swelling of lips, face, or eyes
- Hives or welts
- Tingling mouth
- Abdominal pain/vomiting

## ACTION PLAN

1. For insect stings, flick out the sting if visible.
2. Take antihistamines as prescribed:
3. Phone family/emergency contact
4. **Watch for worsening symptoms**

## ANAPHYLAXIS (SEVERE ALLERGIC REACTION)

### ANY ONE OF THESE SYMPTOMS:

- |                |                                   |                     |                                    |
|----------------|-----------------------------------|---------------------|------------------------------------|
| <b>AIRWAY:</b> | - Swelling of tongue              | <b>BREATHING:</b>   | - Difficult/noisy breathing        |
|                | - Swelling/tightness in throat    |                     | - Wheeze or persistent cough       |
|                | - Difficulty talking/hoarse voice | <b>CIRCULATION:</b> | - Persistent dizziness or collapse |
|                |                                   |                     | - Loss of consciousness            |

## ACTION PLAN

1. **Lie flat** with your feet up until help arrives. If breathing is difficult you can sit, but do not stand or walk.
2. **Call 999** for an ambulance\* and say you are having anaphylaxis (“ana-fil-ax-is”).
3. **Use injectable adrenaline if one is available.**
4. If there is no improvement over 5 minutes you can use a second dose of adrenaline.

\*You can dial 999 from any phone, even if there is no credit left on a mobile phone.

Medical observation in hospital is recommended after anaphylaxis