

ANAPHYLAXIS ACTION PLAN

For use with EpiPen® adrenaline autoinjectors

Name:
DOB:
Allergens (if known):

Emergency contact:

Plan prepared by:
Dr
Date

ANAPHYLAXIS (SEVERE ALLERGIC REACTION)

ANY ONE OF THESE SYMPTOMS:

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

How to give EpiPen®

- 1** Form fist around EpiPen® and **PULL OFF BLUE SAFETY CAP.**


- 2** **POSITION ORANGE END** about 10cm away from outer mid-thigh*.

* Either clothed, or unclothed, avoiding seams and pocket areas.


- 3** **SWING AND JAB ORANGE TIP** into thigh at 90° angle and hold in place for 10 seconds.


- 4** **REMOVE EpiPen®** Massage injection site for 10 seconds*.

*After use the orange needle cover automatically extends to cover the injection needle.



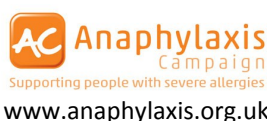
ACTION PLAN

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 your EpiPen®.**
4. If there is no improvement over 5 minutes use your second EpiPen®.

If in doubt, use your EpiPen®

*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

For more information on anaphylaxis visit:



Keep your EpiPen® at room temperature, and away from direct sunlight. For more information on your EpiPen® and to register for a free Expiry Alert Service visit www.epipen.co.uk

MILD TO MODERATE ALLERGIC REACTION

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

ACTION PLAN

1. Locate your EpiPen®
2. Take antihistamines as prescribed:
3. Phone family/emergency contact
4. **Watch for worsening symptoms**