

This person is at risk of a severe allergic reaction

Name

Date of birth

Known severe allergies

Next of kin

Home tel

Work tel

Mobile tel

Plan prepared by

Dr/nurse

Signed

Date

Guy's and St Thomas'

NHS Foundation Trust



Adult action plan 2 for allergic reactions

Mild to moderate allergic reaction

- swelling of lips, face, eyes
- hives or welts on the skin
- stomach upset, nausea, vomiting

Action

Name, dose of antihistamine

- stay calm: sit or lie quietly
- take antihistamine – if vomited, repeat the dose
- if you have asthma, use the blue asthma inhaler (salbutamol or terbutaline) if wheezy - take 2 puffs every 15 minutes if necessary

Chlorpheniramine (Piriton)[®]

or

Watch for signs of anaphylaxis

Anaphylaxis (severe allergic reaction)

- very tight chest and wheeze (especially asthmatics)
- tightness in upper throat with trouble taking in air
- hoarse/croaky voice
- dizziness, fainting or loss of consciousness

Action

- give the adrenaline auto-injector (EpiPen[®] or Anapen[®]) immediately
- get help
- dial 999 for an ambulance
- say "this is an emergency case of **anaphylaxis**" (*ana-fi-lax-is*)
- lie flat with feet up until help arrives (if breathing is difficult, you can sit up but do not stand)
- use a second adrenaline auto-injector in 10 to 15 minutes if symptoms are not improving
- if you are asthmatic take your inhaler (salbutamol or terbutaline) freely for severe wheezing and tightness in the chest

Additional instructions:

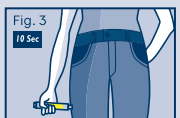
How to give EpiPen[®] or EpiPen[®] Jr.



- ▶ Grasp EpiPen[®] in dominant hand, with thumb closest to grey safety cap
- ▶ With other hand, pull off grey safety cap (Fig. 1)



- ▶ Jab firmly into outer thigh, through clothing if necessary (Fig. 2)



- ▶ Hold in place for 10 seconds (Fig. 3)
- ▶ Massage injection area for 10 seconds

Please tell appropriate family, friends and colleagues about this action plan. It should be reviewed at each visit to the allergy clinic.