

Medications specified on this plan should be administered according to the plan.

This document should be completed by the patient's treating healthcare professional. It must not be altered without their permission.

Name: _____ DOB: ____/____/____

Allergies: _____

Emergency contact details:

MILD ALLERGIC REACTIONS

- Itching and swelling of lips, face and/or eyes
- Hives or wheals (itchy skin rash)
- Tingling mouth
- Abdominal pain/vomiting/diarrhoea

Plan prepared by:

ACTION

- Stay with the patient and call for help
- Take antihistamines: _____
(if vomited, may repeat dose)
- Locate EpiPen (adrenaline auto-injector)
- Contact family/caregiver through emergency contact
- Any other medications: _____

ANAPHYLAXIS (SEVERE/LIFE THREATENING ALLERGIC REACTIONS)

- **AIRWAY:** Persistent cough, hoarse voice, difficulty swallowing, swollen tongue, throat tightness
- **BREATHING:** Difficult or noisy breathing, wheeze
- **CONSCIOUSNESS:** Persistent dizziness, suddenly sleepy, collapse, loss of consciousness
- **OTHERS:** Severe abdominal pain/persistent vomiting

Only a few symptoms may be present and severity may change quickly.

Anaphylaxis can occur without milder symptoms such as skin symptoms or swelling.

ACTION

- If **ANY** of the above are present, give EpiPen (adrenaline auto-injector) without delay
- If in doubt, give EpiPen
- Lay flat, elevate legs. If breathing is difficult, patient may be allowed to sit but not stand

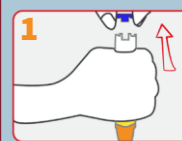


- Give EpiPen without delay
- Call 995 and say ANAPHYLAXIS ('ANA-FIL-AX-IS')

After giving EpiPen:

- Stay with the patient and ensure that they DO NOT stand up
- Contact family/caregiver through emergency contact
- Commence CPR if patient is unresponsive and not breathing
- If there is no response after 5 min, give a second EpiPen if available
- Medical observation in hospital is recommended after anaphylaxis

HOW TO GIVE EPIPEN



Form fist around EpiPen and pull off **BLUE** safety cap.



Hold thigh firmly and keep the leg still to avoid injuries. Place the **ORANGE** tip against mid outer thigh (with or without clothing).



Push down hard until a 'click' is heard or felt. Hold EpiPen firmly in place for 3 seconds. Remove EpiPen.

Massage injection area for 10 seconds.