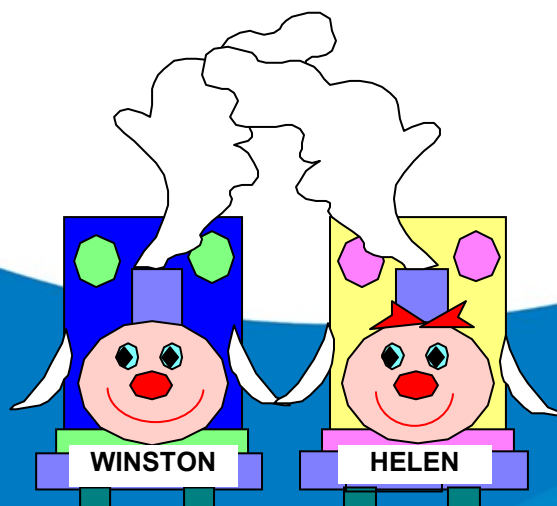


# Anaphylaxis self-management plan

This leaflet can be made available  
in alternative languages / formats on request.

*如有需要，本传单可提供其他语言/版式  
此單張的其他語言/格式版本可按要求提供*

Na żądanie ta ulotka może zostać udostępniona  
w innych językach/formatach.



## What is Anaphylaxis?

Anaphylaxis is a severe and potentially life threatening allergic reaction and should always be treated as a medical emergency. An ambulance should always be called for a person having anaphylaxis and the operator informed that it is anaphylaxis.

## What causes Anaphylaxis?

Certain substances (allergens) can trigger this severe rapid onset allergic reaction and these allergens can include:

- Foods such as peanut,, eggs, cows milk, tree nuts, fish, shellfish (These are the more common foods that can cause anaphylaxis but other foods may potentially cause anaphylaxis.
- Bee/wasp stings
- Medication such as antibiotics, anaesthetic drugs
- Latex
- Sometimes there can be no known cause of anaphylaxis which is called idiopathic anaphylaxis.

## Symptoms of a mild to moderate allergic reaction may include one or more of the following:

- Rash/hives (red raised, itchy bumps)
- Swelling of the lips, eyes, or face
- Itchy or tingling mouth
- Stomach pain, nausea, vomiting

## Symptoms of anaphylaxis may include some or all of the following:

- Swollen tongue
- Difficulty swallowing/speaking
- Hoarse voice or swelling of the throat
- Difficulty in breathing/chest tightness
- Persistent cough/Wheeze
- Dizziness or feeling faint
- Paleness/ becoming floppy
- Collapse and unconsciousness

## Treatment for a severe allergic reaction - Anaphylaxis

Adrenaline is the medicine used to treat a severe allergic reaction. It works quickly by:

- Helping to reduce swelling
- Opening up the airway
- Improving the blood pressure

Adrenaline Auto-injector devices are more commonly known as Epi-pen or Jext. Both contain the medicine adrenaline, which is given by intramuscular injection (into the muscle) in the middle upper thigh.

Doses vary depending upon the age of the child or young person. Adrenaline auto-injector devices are prescribed to those most at risk of potentially having a severe allergic reaction based on an assessment carried out by a doctor or allergy specialist. You should be shown how to use this device by a healthcare professional.

### **Adrenaline Auto-injector how to use**

- Grasp the auto-injector in your dominant hand (the one you use to write with)
- Pull off the cap with your other hand.
- Place the tip against the child's thigh, holding the injector at right angles (at approx. 90 degree) to the thigh.
- Push the tip firmly into the thigh until you hear the 'click' confirming the injection has started, then keep it pushed in. Hold the injector firmly in place for at least 10 seconds (a slow count to 10) then remove. The tip will extend automatically to cover the needle.
- Massage the injection site for 10 seconds.
- Some pain will be felt on injecting the medication but this may save your child's life so do not delay administration.

**Videos on how to use the JEXT and Epi-pen Adrenaline auto-injector are available at [www.allergynorthwest.nhs.uk](http://www.allergynorthwest.nhs.uk) and [www.allergyuk.org](http://www.allergyuk.org)**

### **If your child has a severe allergic reaction take the following steps immediately:**

- Give adrenaline auto-injector if you have one for your child.
- Call 999 for an ambulance and inform the operator it is anaphylaxis.
- Position the child in a comfortable position, lie them flat or sit them up if having breathing difficulties, avoid standing or moving the child.
- Stay with the child until medical help arrives.
- If the first dose of adrenaline hasn't improved symptoms after 5 minutes give a second dose into the other thigh (upper leg) if you have another adrenaline available.
- If the child has asthma; give them one puff a minute of their Blue Reliever inhaler through a spacer.
- A person who has had a severe allergic reaction and adrenaline has been administered should be observed in hospital, sometimes anaphylaxis can re-occur after the first episode has been treated and symptoms have appeared to settle.

**If in doubt always give the adrenaline auto-injector as it may save your child's life.**

**If your child stops breathing, start basic life support until help arrives.**

If you have any further questions, please contact your child's consultant via their secretary via the hospital switchboard. The secretaries are available Monday to Friday, 9.00 am to 5.00 pm

If you need to contact the department outside of these hours, please phone either:

Ward 3F            0151 430 1616

Ward 4F            0151 430 1791

Whiston Hospital  
Warrington Road,  
Prescot, Merseyside, L35 5DR  
Telephone: 0151 426 1600

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