

# 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)

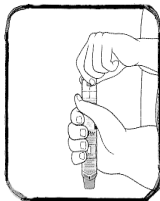
### ANY ONE OF THESE SYMPTOMS:

- 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®

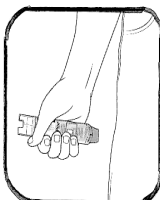
**1**

**Pull off Blue Safety Cap.**  
Grasp EpiPen® in dominant hand, with thumb nearest blue cap and form fist around EpiPen® and pull off the blue safety cap.  
**Remember: "Blue to the sky, orange to the thigh".**



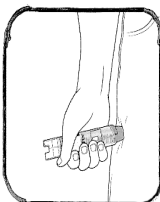
**2**

**Position Orange Tip.**  
Hold the EpiPen® at a distance of approximately 10cm away from the outer thigh. The orange tip should point towards the outer thigh.



**3**

**Jab Orange Tip.**  
Jab the EpiPen® firmly into outer thigh at a right angle (90° angle). Hold firmly against thigh for 3 seconds. EpiPen® should be removed and safely discarded. The orange needle cover will extend to cover the 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

## 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**

For more information on anaphylaxis visit:



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



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

Keep your EpiPen® at room temperature and away from direct sunlight. For more information on your EpiPen® visit [www.epipen.co.uk](http://www.epipen.co.uk)