

## Points to remember

- ◊ Make sure both your Epipen® pens and antihistamines are in date.
- ◊ Make sure you know how to use your Epipen® see 'Further information' for trainer pens and online videos).
- ◊ Carry your Epipen® pens and antihistamines with you at all times
- ◊ Consider carrying a medical ID alert with information about your risk of anaphylaxis.
- ◊ If you have asthma, make sure it is well controlled.

## Further information

### Epipen®

[www.epipen.co.uk](http://www.epipen.co.uk)

You can arrange to be alerted when you need to order a new Epipen®, you can order a trainer pen and there is a video of how to use the Epipen® pen.



### The Anaphylaxis Campaign

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

1 Alexandra Road, Farnborough,  
Hampshire, GU14 6BU.  
Tel: 01252 542029

### AllergyUK

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

Allergy UK, Planwell House, LEFA Business Park, Edgington Way, Sidcup, Kent, DA14 5BH.  
Tel: 01322 619898

### The MedicAlert Foundation

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

MedicAlert House, 327 Upper Fourth St,  
Milton Keynes, MK9 1EH.  
Tel: 01908 951045  
Email: [info@medicalert.org.uk](mailto:info@medicalert.org.uk)  
Monday to Friday 9am to 5pm & Sat 9am-3pm

## Emergency Treatment of Allergic Reactions (Epipen® )

## Patient Information Leaflet

**Immunology Service**  
**Haematology and Oncology Directorate**  
Specialist Nurse tel: 01782 672504  
Secretary's tel: 01782 674284

**Patient Advice and Liaison Service**  
Tel: 01782 676450  
Email: [patientadvice.uhnm@nhs.net](mailto:patientadvice.uhnm@nhs.net)

## Mild/moderate reactions

These are very common and symptoms may include:

- Itching skin
- Rash
- tickly throat
- swelling (e.g. face or lips)

## Treatment plan:

Antihistamine e.g. cetirizine.

Take 1-2 tablets immediately.

Take one further tablet if no improvement.

If reaction does not improve or gets worse seek medical attention and refer to next page

## Severe allergic reactions

These are rare and symptoms may include:

- Wheeze, persistent cough, difficulty breathing or a choking feeling.
- Swelling of tongue or throat that is restricting swallowing and/or breathing.
- Dizziness, collapse or deteriorating consciousness.

Treat early, if in doubt use the Epipen® pen

## Treatment plan:

Lie flat.

Give the Epipen® pen as shown (see diagrams).

### Immediately call an ambulance (dial 999)

Tell the operator this is an **emergency** case of anaphylaxis (anna-fil-axis).

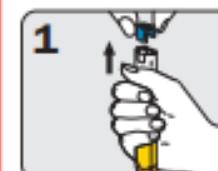
If wheezy and you have a blue salbutamol inhaler, give 10 puffs via a spacer.

Antihistamine e.g. cetirizine. Take 1-2 tablets immediately.

A second Epipen® pen may be given after 10 minutes if symptoms return or are no better.



## How to give EpiPen® adrenaline (epinephrine) autoinjectors



Form fist around EpiPen® and PULL OFF BLUE SAFETY RELEASE



Hold leg still and PLACE ORANGE END against outer mid-thigh (with or without clothing)



PUSH DOWN HARD until a click is heard or felt and hold in place for 3 seconds  
REMOVE EpiPen®