

Points to remember

- ◇ Make sure both your Emerade® pens and antihistamines are in date.
- ◇ Make sure you know how to use your Emerade® (see 'Further information' for trainer pens and online videos).
- ◇ Carry your Emerade® 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

Emerade®

www.emerade.com

You can order a trainer pen and there is a video of how to use the Emerade® pen.

The Anaphylaxis Campaign

www.anaphylaxis.org.uk

1 Alexandra Road, Farnborough,
Hampshire, GU14 6BU.

Tel: 01252 542029

AllergyUK

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

MedicAlert House, 327 Upper Fourth
St, Milton Keynes, MK9 1EH.

Tel: 01908 951045

Email: info@medicalert.org.uk

Monday to Friday 9am to 5pm & Sat 9am-
3pm

**Please speak to a member of
staff if you need this leaflet in
large braille, audio or another
language**

University Hospitals **NHS**
of North Midlands

NHS Trust



Emergency Treatment of Allergic Reactions (Emerade®)

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

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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, 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 Emerade® pen

Treatment plan:

Lie flat.

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

Immediately call an ambulance (dial 999)

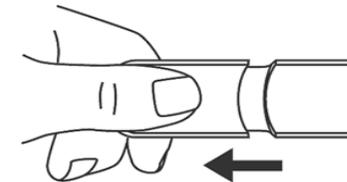
Tell the operator this is an **emergency** case of anaphylaxis (anna-fill-axis).

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

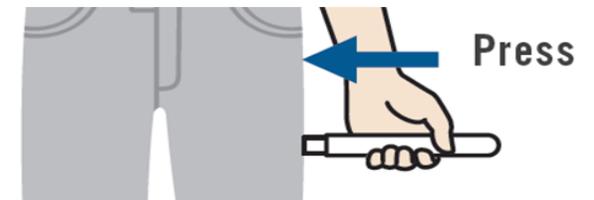
A second Emerade® pen may be given after 10 minutes if symptoms return or are no better.

How to give an Emerade® pen

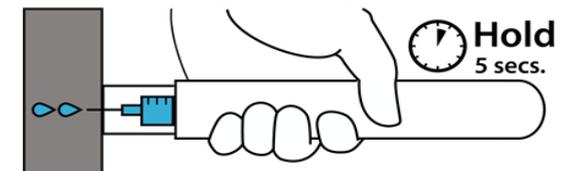
1. Lie down flat



2. Remove cap



3. Place end of pen against outer mid-thigh and press until a click is heard or felt



4. Hold against thigh for 5 secs and then remove and massage site