

ANAPHYLAXIS ACTION PLAN

For use with Emerade® adrenaline autoinjectors

Name:

DOB:

Allergens (if known):

Emergency contact:

Plan prepared by:

Date:

ANAPHYLAXIS (SEVERE ALLERGIC REACTION)

ANY ONE OF THESE SYMPTOMS*:

- AIRWAY**
- Swelling/tightness in throat
 - Difficulty talking/hoarse voice
 - Tongue Swelling causing difficulty in breathing or swallowing
- BREATHING:**
- Difficult/noisy breathing
 - Wheeze or persistent cough
- CIRCULATION:**
- Persistent dizziness or Fainting
 - Collapse/Loss of consciousness

* **Sudden onset of Abdominal Pain and/or Vomiting** can be sign of a severe reaction **for venom allergy.**

Individual instructions (if any):

HOW TO USE EMERADE?



1 —
Remove needle shield



2 —
Place and press Emerade against the outer side of the thigh. You will hear a click when the injection has started



3 —
Hold Emerade against the thigh for 5 seconds. Lightly massage the injection site afterwards. **CALL 999 AND STATE "ANAPHYLAXIS"**

For more information on anaphylaxis visit:



www.allergyuk.org








www.anaphylaxis.org.uk

Keep your Emerade® at room temperature, and away from direct sunlight. For more information on your Emerade® visit <https://www.emerade-bausch.co.uk/>

Note: If Adrenaline is accidentally injected (e.g. into a thumb), seek urgently medical attention.

ACTION PLAN

1. Use your Emerade without delay. 
 2. Call 999 for ambulance* and say anaphylaxis ("ana-fil-ax-is").    
 3. Keep lying flat with your feet up. If breathing is difficult you can sit. Do not stand or walk. If pregnant, lie on left side.
 4. Call emergency contact.
 5. Use a second Emerade®, if there is no improvement over 5 minutes and ambulance has not arrived.
- **If in doubt, use your Emerade®.**
 - Always use Emerade® first, and then asthma reliever (if asthma reliever available), even if sudden breathing difficulty is the only problem.
 - -Supporting individual: Commence CPR at any time if person is unresponsive

* 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 Emerade®.
 2. Take antihistamines as advised:
 3. Call emergency contact.
- **Watch for worsening and/or new symptoms.**
 - **If in doubt, use your Emerade®.**