

Anaphylaxis



Allergy & Immunology

What is Anaphylaxis?

Anaphylaxis is a sudden, severe, potentially fatal allergic reaction. It can involve various areas of the body (such as the skin, respiratory tract, gastrointestinal tract, and cardiovascular system).

It may be due to exposure to a large number of different substances. These include:

- food
- drugs
- insect stings
- without any obvious cause
- after exercise

The most important safety measure if you have anaphylaxis is to **avoid exposure** to the substance which causes your symptoms.

This could mean:

- being careful with your diet
- not taking any new drugs until you know they are safe
- avoiding situations where you might have a high risk of being stung.

What are the symptoms?

The symptoms you may experience can include:

- Itching, skin rash, feeling sick and vomiting.
- Abdominal pain and shaking.

Other more serious allergic symptoms are:

- Swelling of the mouth, tongue and throat
- Severe wheezing and breathlessness
- Dizziness and collapse
- Disorientated / confused

What to do if you or someone in your care has a reaction?

This depends on the severity of the reaction:

ASSESS THE SYMPTOMS

Mild-moderate

- Swollen lips, face or eyes
- Itchy/tingling mouth
- Hives or itchy skin rash
- Abdominal pain or vomiting
- Sudden change of behaviour

ACTION

- If you are not the parent, stay with the patient, call for help if necessary
- Give/take antihistamines:

(if vomited the dose
can be repeated)

Watch for worsening of symptoms

**Watch for signs
Anaphylaxis
(Life-threatening
allergic reaction)**

Severe

AIRWAY:

Persistent cough,
hoarse voice
Difficulty swallowing,
swollen tongue

BREATHING:

Difficult or noisy breathing
Wheeze or persistent
cough

CONSCIOUSNESS:

Persistent dizziness/pale
or floppy
Suddenly sleepy, collapse,
unconscious

ACTION

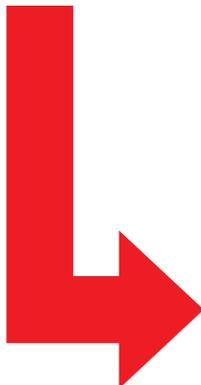
If ANY ONE of the above signs is present:

- **The patient needs to be lying flat, on one side if vomiting or sitting up if short of breath**
- **Give adrenaline auto injector**
- **Dial 999 for an ambulance and say ANAPHYLAXIS (“ANA-FIL-AX-SIS”)**

IF IN DOUBT GIVE INJECTION

After giving the injection:

- If you are not the patient, stay with them
- Commence CPR if there are no signs of life
- If no improvement after 5 minutes give another adrenaline injection



Key reference source

- British Society for Allergy & Clinical Immunology (BSACI) website



We can provide interpreters for a variety of languages, information in larger print or other formats (e.g. audio) - please call us on 01932 723553.

To use the Text Relay service, prefix all numbers with 18001.

اگر نیاز بہ ترجمہ دارید، لطفاً با شماره 01932 723553 تماس بگیرید.

से जुड़ानुं उरलमे सी लेउ वै उं विरधा जवले दिस निखर उे बेन जवे: 01932 723553

اگر آپ ان کا اردو زبان میں ترجمہ چاہتے ہیں، تو براؤزر کے نمبر 01932 723553 پر رابطہ کریں

Se precisa de uma tradução por favor contacte: 01932 723553

आपना अनुबासेर दरकार हले एबाने योगायोग करन : 01932 723553

यदि आपको अनुवाद की जरूरत है तो कृपया इस नंबर पर फोन करें: 01932 723553

Jeżeli chcemy, aby te informacje w innym języku, proszę zadzwonić 01932 723553

Contact details

We endeavour to provide an excellent service at all times, but should you have any concerns please, in the first instance, raise these with the Doctor, Matron, Senior Nurse or Manager on duty.

Royal Surrey County Hospital (RSCH) NHS Foundation Trust fully subscribes to the National Patient Safety Agency (NPSA) *Being Open* best practice framework, November 2010.

PALS and Advocacy contact details

Contact details of independent advocacy services can be provided by our Patient Advice and Liaison Service (PALS) who are located in far left corner as you enter the main reception area. PALS are also your first point of contact for health related issues, questions or concerns surrounding RSCH patient services.

Telephone: 01483 402757

Email: rsc-tr.pals@nhs.net

Opening hours: 9.00am–4.00pm, Monday to Friday

If you would like information documents in large print, on tape or in another language or form please contact PALS.

Review date: October 2017
Author: Samantha Knowles
PIN101424–101

