

Points to Remember

- Avoidance is the main management
- Don't be polite -spit out the food causing symptoms
- Make sure your anti-histamines are in date
- Carry your anti-histamines with you at all times
- Take the antihistamine at the first sign of symptoms
- If you have asthma, ensure your asthma is well controlled and carry your blue inhaler with you

Further information

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

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

University Hospitals
of North Midlands



NHS Trust



Emergency Treatment of Allergic Reactions

Patient Information Leaflet

Immunology Service

Haematology and Oncology Directorate

Secretary's tel: 01782 674284

Specialist Nurse tel: 01782 672504

Patient Advice and Liaison Service

Tel: 01782 676450

Email: patientadvice.uhnm@nhs.net

What is an allergic reaction?

An allergy is the response of the body's immune system to normally harmless substances, such as foods, and insect stings.

Whilst in most people these substances (allergens) pose no problem, in allergic individuals their immune system identifies them as a 'threat' and produces an inappropriate response.

Most reactions are mild and easily managed with anti-histamines. This leaflet will explain what to do if you have a reaction.

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

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.

Treatment plan:

Call an ambulance (dial 999)

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

Lie flat

If wheezy and you have an inhaler, give 10 puffs salbutamol (blue inhaler) via spacer

Take antihistamine (e.g.cetirizine)1-2 tablets immediately.