



Royal Berkshire  
NHS Foundation Trust

Patient's hospital label

Allergy to: \_\_\_\_\_

Strict avoidance of: \_\_\_\_\_

Doctor's name: \_\_\_\_\_

Doctor's signature: \_\_\_\_\_

# Food allergy action plan

## EpiPen® (Adrenaline 0.3mg)

### Important information for families and healthworkers

Emergency contact details:

Parent or guardian: \_\_\_\_\_

Telephone no: \_\_\_\_\_

Parent's signature: \_\_\_\_\_

## **A mild allergic reaction – what to look out for:**

**Eyes:** itchy, runny, swollen

**Nose:** itchy, runny, congested, sneezing

**Mouth:** itchy or swollen lips or mouth

**Skin:** hives/nettle rash, itchy rash, redness, swelling of the face or other parts of the body

**Gut:** nausea, stomach cramps, vomiting or diarrhoea

## **Action**

Give **antihistamine** \_\_\_\_\_ syrup/tablet.

Then follow the next steps....

## **Rest**

- **No** strenuous exercise of any kind, e.g. football, swimming.
- **No** heavy meals.
- **No** fizzy drinks.

**Contact the parent or guardian** (see front page).

If the symptoms get worse, follow the steps for severe reaction (on next page).

The severity of symptoms can change quickly so

**Do not leave the child alone.**

## A severe allergic reaction – what to look out for:

<b>Airway:</b>	tightness/lump in the throat, hoarse voice, hacking cough
<b>Breathing:</b>	short of breath, cough, unable to speak full sentences, noisy breathing, wheezing
<b>Circulation:</b>	feeling faint, weakness or floppiness, glazed expression, unconscious
<b>Deterioration:</b>	things getting steadily worse

### Action

If the child is conscious and having breathing difficulties, help them to sit up.

If they are faint or floppy, they are better off lying flat with their legs raised up.

**Give EpiPen® (Adrenaline 0.3mg)** in the outer thigh muscle.

Once the EpiPen® has been given, even if the child is making a good recovery you must **dial 999** for the ambulance.

The caller should tell the emergency helpline operator:

- Where to find the child having the allergic reaction.
- That the child is having a severe allergic reaction known as “anaphylaxis”.
- The name and age of the child.

If there are problems with breathing and the child uses an inhaler, give up to 10 puffs of salbutamol (Ventolin®) or terbutaline (Bricanyl®) with a spacer.

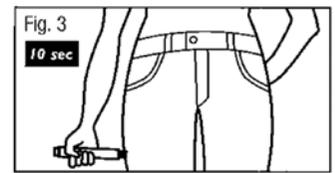
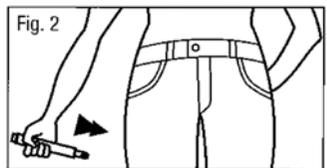
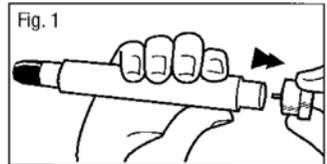
**Contact the parent or guardian** (see front page).

The ambulance should take the child to the nearest Emergency Department (ED) for at least 4 hours observation. ED staff may consider corticosteroids to prevent a late phase reaction.

## How to use the EpiPen®

**Never put your thumb, finger or hand over the orange tip. Do not remove the blue cap until you are ready to use. Never shake the EpiPen®**

1. Remove EpiPen® from container.
2. Grasp EpiPen® in dominant hand, with thumb closest to blue safety cap.
3. With other hand, pull off blue safety cap (Figure 1).
4. Hold EpiPen® approximately 10cm from outer thigh with the orange tip pointing towards the thigh (Figure 2).
5. Jab firmly into outer thigh so that the EpiPen® is at right angles (90°) to the outer thigh, through clothing if necessary, and listen for 'click' sound (Figure 3).
6. Hold EpiPen® in place for 3 seconds.
7. Remove EpiPen® from thigh and massage injection area for 10 seconds.



**Dial 999**, ask for an ambulance and say 'anaphylaxis' OR attend Emergency Department, if nearby.

Give used EpiPen® to paramedics/medical team for safe disposal.

Visit our website [www.royalberkshire.nhs.uk](http://www.royalberkshire.nhs.uk)

Based on a leaflet by Southampton University Hospitals NHS Trust