

Patient:
DOB: :

ANAPHYLAXIS ACTION PLAN
Patient can self-administer medications.

Place Photo Here

Allergy To:
Asthmatic:
Other health problems besides anaphylaxis:
Concurrent Medications, if any:

Symptoms of Anaphylaxis Include:

MOUTH	-	Itching, swelling of lips and/or tongue
THROAT*	-	Itching, tightness/closure, hoarseness, swelling, difficulty talking.
SKIN	-	Itching, hives, redness, swelling
GUT	-	Vomiting, diarrhea, cramps, nausea
LUNGS*	-	Shortness of breath, cough, wheeze
HEART*	-	Weak pulse, dizziness, passing out

Only a few symptoms may be present. Severity of symptoms can change quickly.
*Some symptoms can be life-threatening! ACT FAST!

WHAT TO DO:

1. INJECT EPINEPHRINE IN THIGH USING: Auvi-Q 0.3mg, EpiPen 0.3mg

(Other medication / dose / route):
Benadryl 50 mg by mouth

IMPORTANT: Asthma inhalers (puffers) and/or antihistamines can NOT be depended on in anaphylaxis

2. CALL 911 and report EPINEPHRINE given for anaphylaxis.

3. Consider repeating epinephrine dose: A second dose may be given in 5-10 minutes if symptoms persist or worsen.

4. Emergency contacts:

#1 _____ Home _____ Work _____ Cell _____

#2 _____ Home _____ Work _____ Cell _____

#3 _____ Home _____ Work _____ Cell _____

EXAMPLE

DO NOT HESITATE TO GIVE EPINEPHRINE!

Patient/Parent/Advocate: _____ Date: _____

Provider: _____ Date: _____

ONLY

PLEASE READ

Side effects of epinephrine include tachycardia (rapid heart rate) and jitteriness. Benadryl or other OTC antihistamines may cause drowsiness or sedation.