

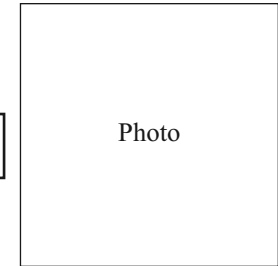
# Anaphylaxis Action Plan

For those requiring emergency epinephrine treatment

*"Anaphylaxis is a serious allergic reaction that is rapid in onset and may cause death."*

Name \_\_\_\_\_ DOB \_\_\_\_\_

ALLERGIC to: \_\_\_\_\_



History of Asthma:  Yes\*  No      History of Anaphylaxis:  Yes\*  No      \*More at risk for severe reaction

**STEP 1:  
PREPARING  
for an emergency**

**EPINEPHRINE DOSE:** *Keep 2 doses on hand*

- EpiPen Jr. (0.15 mg) – up to 44 lbs (20 kg)
- EpiPen (0.3 mg) – above 44 lbs
- Twinject (0.15 mg) – up to 44 lbs
- Twinject (0.3 mg) – above 44 lbs

**ANTIHISTAMINE TYPE + DOSE:**

- Benadryl (also known as Diphenhydramine)
  - 12.5 mg (1 teaspoon or 1 chewable)
  - 25 mg (2 teaspoons or 2 chewables)
  - 50 mg (4 teaspoons or 4 chewables)
- Other antihistamine \_\_\_\_\_

May self-carry medications:  Yes  No

May self-administer medications:  Yes  No

**STEP 2:  
EVALUATING  
their reaction**

BODY SYSTEMS:	SYMPTOMS:
Mouth	Itching, tingling, or swelling of lips, tongue, or mouth
Skin	Hives, itchy rash, or swelling
Gut	Nausea, abdominal cramps, vomiting, or diarrhea
Throat	Tightening of throat, hoarseness, or hacking cough
Lung	Shortness of breath, coughing, or wheezing
Heart	Weak pulse, dizziness, fainting, or pale or blue skin
OTHER:	

**STEP 3:  
TREATING  
him/her in an  
emergency**

- If allergic food EATEN and ... ANY SYMPTOMS other than mouth
- If allergic food NOT known to be eaten, plus TWO or more body systems of symptoms
- If bee sting

1. GIVE EPINEPHRINE
2. CALL 911
3. GIVE ANTIHISTAMINE
4. RE-EVALUATE AS IN STEP 4

- If allergic food EATEN and NO SYMPTOMS
- If allergic food EATEN and ... SYMPTOMS only in and around mouth

- 1. GIVE ANTIHISTAMINE**  
**2. CONTINUE TO WATCH PERSON FOR SYMPTOMS**
- OR**
- 1. GIVE EPINEPHRINE**  
**2. CALL 911**  
**3. GIVE ANTIHISTAMINE**  
**4. RE-EVALUATE AS IN STEP 4**

STEP 3b:  
TREATING  
for unique situations

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  see additional page

**STEP 4:  
RE-EVALUATING**

Watch person closely until transport to Emergency Department. If symptoms of throat, lung or heart are worsening or not improving, GIVE a second dose of Epinephrine after 5 MINUTES.

**STEP 5:  
ALERTING  
Parent or emergency  
contacts**

1. \_\_\_\_\_ Phone #(s) \_\_\_\_\_  
2. \_\_\_\_\_ Phone #(s) \_\_\_\_\_

Don't wait for emergency contact before treating the person and sending them to an Emergency Dept. via ambulance

Health care provider \_\_\_\_\_ Signature \_\_\_\_\_ Date \_\_\_\_\_ Office \_\_\_\_\_

Patient or Parent signature \_\_\_\_\_

**Designated, trained adults to administer medications:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Storage location of Antihistamines:** \_\_\_\_\_

**Storage location of Epinephrine:** \_\_\_\_\_

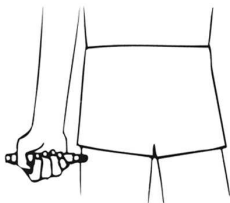
**Instructions for Epinephrine injection:**

**EpiPen® and EpiPen® Jr. Directions**

- Pull off gray activation cap.



- Hold black tip near outer thigh (always apply to thigh).

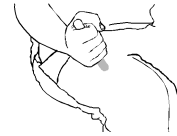


- Swing and jab firmly into outer thigh until Auto-Injector mechanism functions. Hold in place and count to 10. Remove the EpiPen® unit and massage the injection area for 10 seconds.

**Twinject® 0.3 mg and Twinject® 0.15 mg Directions**



- Remove caps labeled “1” and “2.”
- Place rounded tip against outer thigh, press down hard until needle penetrates. Hold for 10 seconds, then remove.



**SECOND DOSE ADMINISTRATION:**

If symptoms don't improve after 10 minutes, administer second dose:

- Unscrew rounded tip. Pull syringe from barrel by holding blue collar at needle base.
- Slide yellow collar off plunger.
- Put needle into thigh through skin, push plunger down all the way, and remove.



**Once EpiPen® or Twinject™ is used, call 911 immediately. Take the used unit with you to the Emergency Room. Plan to stay for observation at the Emergency Room for at least 4 hours.**

For a link to the EpiPen and Twinject companies training videos, go to [www.clinics4kids.org](http://www.clinics4kids.org) and click on Anaphylaxis in the left-hand column. Additional support materials can also be found there.

For accidental injection with Epinephrine, please consult your regular doctor immediately or go straight to an Emergency Room for evaluation.