

Anaphylaxis action plan - for use with EpiPen® adrenaline auto-injector pen

Allergy Service

Information for Patients

Last reviewed: August 2025

Next review: August 2028

Leaflet number: 320 Version: 3

Name:	Date of birth:
NHS number:	
Emergency contact:	
Consultant:	
Plan prepared by:	
Date:	

Follow the action plan over the page if you have any ONE of these symptoms of a **severe allergic reaction (anaphylaxis):**

Airway difficulties:	<ul style="list-style-type: none"> • Swelling of throat, tongue or upper airway • Difficulty in swallowing
Breathing:	<ul style="list-style-type: none"> • Sudden onset wheezing • Breathing difficulty • Noisy breathing
Circulation:	<ul style="list-style-type: none"> • Dizziness, feeling faint • Sudden sleepiness, tiredness, confusion • Pale, clammy skin • Loss of consciousness

**Health information and support is available at www.nhs.uk
or call 111 for non-emergency medical advice**

Visit www.uhleicester.nhs.uk for maps and information about visiting Leicester's Hospitals
To give feedback about this information sheet, contact uhl-tr.informationforpatientsmailbox@nhs.net

Action plan for a severe reaction

1. **Lie flat** with your feet up until help arrives. If breathing is difficult you can sit, but do not stand or walk.



2. **Use your EpiPen®.**
3. **Call 999** for an ambulance and say you are having anaphylaxis ("ana-fil-ax-is").
4. If there is no improvement after 5 minutes use your second EpiPen® in the other leg.
5. Take antihistamines as prescribed (if not already taken). If you are asthmatic use inhaler.

If in doubt or rapidly deteriorating, use your EpiPen®.

Medical observation in hospital is recommended after anaphylaxis.

Each EpiPen® is for single use only.

Always keep your 2 EpiPens with you at all times.

Follow the action plan below if you have symptoms of a mild or moderate allergic reaction, such as:

- Swelling of lips, face, or eyes.
- Hives or welts.
- Itchy / tingling lips, mouth or tongue.
- Abdominal pain / vomiting.

Action plan:

1. Locate your EpiPen®.
2. Take antihistamines as prescribed.
3. Phone family / emergency contact.
4. **Watch for worsening symptoms; if in doubt or rapidly deteriorating use your EpiPen®.**

How to give EpiPen®

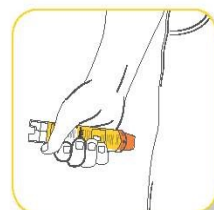
1

Pull off Blue Safety Cap.
Grasp EpiPen® in dominant hand, with thumb nearest blue cap and form fist around EpiPen® and pull off the blue safety cap.
Remember: "Blue to the sky, orange to the thigh".



2

Position Orange Tip.
Hold the EpiPen® at a distance of approximately 10cm away from the outer thigh. The orange tip should point towards the outer thigh.



3

Jab Orange Tip.
Jab the EpiPen® firmly into outer thigh at a right angle (90° angle). Hold firmly against thigh for 3 seconds. EpiPen® should be removed and safely discarded. The orange needle cover will extend to cover the needle.



(listen for click)

4

Dial 999.
Dial 999, ask for ambulance and state "anaphylaxis".



Store EpiPen® in a cool dark place at room temperature. Keep out of direct sunlight. Keep away from extreme temperatures (like fridge). Check the expiry date regularly.

For more information and to register for a free expiry alert service visit: www.epipen.co.uk

For more information on anaphylaxis visit:

- www.allergyuk.org
- www.anaphylaxis.org.uk

If you would like this information in another language or format such as EasyRead or Braille, please telephone 0116 250 2959 or email uhl-tr.equalitymailbox@nhs.net