



## Discharge Instruction With Anaphylactic Shock

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### Anaphylactic shock

It is a serious allergic reaction that happens within minutes of exposure to an allergen. Common causes are penicillin, nuts, intravenous (IV) contrast dyes used for some X-rays and scans, a bee sting, or latex products. In anaphylaxis:

- Blood pressure drops suddenly
- Less oxygen reaches your brain and other organs, and your body goes into shock
- An itchy red rash called hives may appear.
- Trouble breathing.
- Swelling in your mouth or throat, or wheezing.
- You may also have itching, a rash, hives, or feel like you are going to faint.

If not treated quickly, anaphylactic shock can cause death.

### Discharge instructions:

- Avoid the things that cause your allergic reaction whenever possible.
- If you have a food allergy, always ask about ingredients when eating food prepared by others. At a restaurant, tell your waiter about your food allergies.
- Carry a medical identification card with the information about your allergy. Ask your healthcare provider how to get one.
- Learn how to give yourself an EpiPen injection (it's a single-dose injection of epinephrine (adrenaline) that will help to stop the allergic reaction until you can get medical help).
- Make sure you always have more than one EpiPen. Carry one kit with you. Keep others where they are easy to find, for example, at your home, your work desk, or in a gym or tote bag. Check the expiration date of your EpiPens regularly.
- Tell your family, friends, and co-workers what they should do if you have a severe allergic reaction. Include:
  - o How to use the EpiPen. Tell them to give you the shot if you can't.
  - o Your position during a reaction, having you lie down with your legs raised.
  - o Starting cardiopulmonary resuscitation if you stop breathing.
  - o Go to the emergency unit.

### Come to the emergency room in case of:

- Fainting or loss of consciousness
- Fast pulse
- Trouble breathing or wheezing
- Nausea or vomiting
- Swelling of your lips, tongue, or throat
- Itchy, blotchy skin or hives
- Pale, cool, damp skin
- Drowsiness
- Confusion

### Follow up with the dermatology clinic within one week or in case of:

- You have recurrent attacks.
- If you have questions or concerns about your allergy and its causative factors.

فقيه.

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