

## Discharge Instruction With Anaphylactic Shock

### Anaphylactic shock

It is a serious allergic reaction which 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 your self 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 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:
  - How to use the EpiPen. Tell them to give you the shot if you can't.
  - Your position during a reaction, having you lies down with your legs raised.
  - Starting cardiopulmonary resuscitation if you stop breathing.
- Go to emergency unit.

### Come to 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 dermatology clinic within one week or in case of:

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