Signs & symptoms

Watch for any one of the following for anaphylaxis—

- difficulty and/or noisy breathing
- swelling of the tongue
- swelling/tightness of the throat
- difficulty talking and/or hoarse voice
- wheezing and/or coughing
- persistent dizziness or collapse
- in young children — pale and floppy

Mild to moderate reaction (may precede anaphylaxis):

- swelling of the lips, face, eyes
- hives or welts
- tingling mouth
- abdominal pain and vomiting

WARNING

Anaphylaxis is a severe allergic reaction and potentially life-threatening—always treat as a medical emergency.

Management

▼ Conscious patient

1. Follow DRSABCD.
   - Help patient to sit or lie in a position that assists breathing.

2. If the patient is carrying an auto-injector (e.g. Epipen®, AnaPen®), it should be used at once.
   - Let the patient administer the auto-injector themselves, or ask if they require assistance to do so.

3. Keep patient in lying or sitting position
   - observe and record pulse and breathing.

4. If no response after 5 minutes, further adrenaline may be given.

▼ Unconscious patient

1. Immediately administer the adrenaline autoinjector, if available.

2. Follow DRSABCD.

See www.allergy.org.au for further information.