

After anaphylaxis

Discharge checklist and discussion guide



After treatment for anaphylaxis (a severe allergic reaction), it is important that people can safely manage their condition when they go home.

This discharge checklist can be used by:

- **People who have been treated for anaphylaxis** – or their family or carers – to know what steps to take after leaving the healthcare facility
- **Healthcare providers** - to ensure safe discharge and follow-up for patients who have had anaphylaxis.

Do you know what caused your allergic reaction?

- Anaphylaxis is the most severe form of allergic reaction. Do you know what triggers your allergy and how to avoid it?
- If the cause of your anaphylaxis is uncertain, you may need further tests with a specialist.

Do you have an ASCIA Action Plan for Anaphylaxis?

- You will receive an **ASCIA* Action Plan for Anaphylaxis** if you are at risk of another allergic reaction. The ASCIA Action Plan for Anaphylaxis describes the signs & symptoms of anaphylaxis and when you need to use your adrenaline injector.
- You can include your ASCIA Action Plan for Anaphylaxis in your [My Health Record](#), so there is record of your treatment.

Do you know who you need to see after you go home?

- Before you go home, your healthcare professional will talk with you about how to manage your allergy. They will develop a care plan with this information, including any medical appointments you may need.
- Visit your GP as soon as possible, and no more than a week after leaving the healthcare facility. Take your care plan and ASCIA Action Plan for Anaphylaxis to **your GP**.
- Following an episode of anaphylaxis, you will need to see a clinical immunology/allergy specialist for review. Ask if the healthcare facility is providing this referral before you go home, or if you need your GP to make this referral.
- Your specialist will help confirm what the trigger is for your allergy and explain how to prevent and manage anaphylaxis.

Do you have an adrenaline injector*?

- Most people who are at risk of anaphylaxis will be prescribed an adrenaline injector. Adrenaline is the only medicine that treats anaphylaxis. **Keep the adrenaline injector with you at all times.**
- If you are given a prescription for an adrenaline injector, be sure to fill it at a pharmacy as soon as possible, straight after you leave the healthcare facility.
- You can purchase an adrenaline injector without a prescription for full price (no rebate) from most pharmacies.
- Adrenaline injectors available in Australia include Epipen, Anapen and Symjepi.



Do you know WHEN & HOW to use your adrenaline injector?

- The signs and symptoms of anaphylaxis might not be the same each time, so it is important that you can recognise anaphylaxis. Your **ASCIA Action Plan for Anaphylaxis** tells you what to look for – keep it with your adrenaline injector.
- **If you need to use your adrenaline injector, don't delay.** Use your adrenaline before any other treatment including asthma puffers. **Always seek emergency medical care immediately after you have used your adrenaline injector.**
- An adrenaline injector is single use and has one dose of adrenaline. Use a new adrenaline injector if you need a second dose after 5 minutes if your symptoms haven't improved.
- Your healthcare provider will show you how to use your adrenaline injector. Be sure to ask for more instructions if you need to.
- Further information is available from the ASCIA and Allergy and Anaphylaxis Australia (A&AA) websites, including a video explaining the signs and symptoms of anaphylaxis: <https://allergyfacts.org.au/allergy-anaphylaxis/signs-symptoms>
- Show family, friends, work colleagues and carers or teachers (for children) how to use the adrenaline injector, and inform them of the signs and symptoms of anaphylaxis so they know when to use it.



Do you have any questions?

- Ask your healthcare professional before you leave their care if you have any questions about
 - your **ASCIA Action Plan for Anaphylaxis**
 - what to do if you have another episode of anaphylaxis
 - how to use your adrenaline injector

*ASCIA is the **Australasian Society of Clinical Immunology and Allergy**, an organisation of healthcare professionals who specialise in the treatment of allergy.

Where to get more information

If you have questions when you get home, you can contact Allergy and Anaphylaxis Australia for information and advice on **1300 728 000**

In an emergency, phone triple zero (000) for an ambulance

For further information and resources, visit:

- Australasian Society of Clinical Immunology and Allergy (ASCIA) - www.allergy.org.au
- Allergy and Anaphylaxis Australia (A&AA) – www.allergyfacts.org.au
- Food Allergy Aware – www.foodallergyeducation.org.au