

## Anaphylaxis Overview

Anaphylaxis is a rare but severe allergic reaction. Anaphylaxis happens after being exposed to a triggering agent. The agent leads to the release of normal body chemicals, such as histamine, that cause allergy symptoms. The first line treatment for anaphylaxis is epinephrine.

**Anaphylaxis reactions to sublingual immunotherapy are very rare. The most common reaction is local irritation in the mouth. Mild reactions which do not include problems breathing and swallowing can be treated by taking an over the counter antihistamine such as Benadryl, Claritin D or Allegra D.**

Symptoms include:

- Hives, severe itching, flushed or pale skin
- Constriction of the airway, leading to troubled breathing and wheezing
- Weak and rapid Pulse
- Nausea, vomiting, diarrhea and abdominal pain
- Dizziness or fainting

In the event of an anaphylaxis reaction, administer epinephrine by following the EpiPen instructions shown below.

## EpiPen Instructions

### What is an EpiPen and where do I get it?

An EpiPen is a device containing one prescription dose of Epinephrine. The device is lightweight auto-injector in a "pen" format designed to make it easy for patients to use in an emergency. We will prescribe two pens for your use when you decide to start immunotherapy for treatment of your allergies. We will call in the prescription to the pharmacy of your choosing. **You will need to pick up your prescription before coming to our office for your first dose of sublingual drops.**

### How do I store my EpiPens?

- Do not refrigerate the pens
- Keep the pens out of direct sunlight
- Keep your pens nearby at all times

### When do I use my EpiPen?

The EpiPen is used for an allergic emergency (anaphylaxis) only. Signs of an allergic emergency include:

- Feeling that tongue is swelling
- Swelling of throat
- Difficulty breathing

### How do I use my EpiPen?

- Pop the gray cap off the EpiPen.
- Forcefully jab it into your leg and count to ten (10).
- Remove the pen, TAKE YOUR SECOND PEN WITH YOU and go to the nearest emergency room.
- If after ten minutes you are still having trouble breathing, give yourself the second injection.

### What do I do after I've used my EpiPen?

Contact our office, (402) 397-0670, once you are feeling better. We may need to adjust the dosing on your allergy serum. We will also refill your prescription for two more EpiPens.