



## Information for patients, relatives and carers

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# Discharge from the Emergency Department Following an Allergic or Anaphylactic Reaction

An allergy is a reaction the body has to a particular food or substance. Allergies are very common, particularly in children, and are thought to affect more than one in four people in the UK at some point in their lives.

Some allergies go away as a child gets older, although many are life-long. Adults can develop allergies to things they were not previously allergic to.

Most allergic reactions are mild and can be largely kept under control. Severe reactions can occasionally occur, but these are uncommon.

You or your child have been seen and assessed in the Emergency Department following an allergic or anaphylactic reaction. After a period of observation, it has been decided that it is safe for you to go home.

The trigger for your reaction has been discussed with you. If this is not the case, please contact the department and the staff will be happy to explain this to you.

You will have been given medicines to take home with you and instruction on how to take them. These may include:

- **Antihistamines** - Piriton (chlorpheniramine) to take three times a day as needed
- **Steroids** (prednisolone) - usually as a three-day course
- **Salbutamol inhaler** - if you have asthma
- **An Autoinjector or EpiPen** - if you have been given one of these you will have been shown how and when to use it. Further information is available at <https://www.epipen.co.uk/>

If you want further advice about your allergy, you should arrange to see your GP who can prescribe additional medication and arrange further investigation if required. York has a paediatric allergy service, and children should be referred by their GP.

To avoid having another reaction you should avoid the trigger (if known). Common triggers include foods (nuts, dairy products, shellfish, eggs), stings, latex, and some medicines.

If you/your child have another of the reactions listed below, please take the actions in bold at the bottom of each list:

**Mild reactions:**

- Rash, hives
- Flushing
- Facial swelling
- Itching
- Runny eyes/nose
- Nausea, vomiting or diarrhoea

**\* Take antihistamines as prescribed as soon as possible \***

**Severe or anaphylactic reaction:**

- Swelling of tongue or throat
- Difficulty swallowing
- Hoarse voice or cry
- Difficulty breathing
- Pale or clammy
- Blue lips
- Faint, dizzy or agitated
- Drowsy, floppy or collapsed

**\*Administer the EpiPen immediately and dial 999 for an ambulance\***

**\*If there is no improvement in five minutes another EpiPen can be administered\***

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① If you have further concerns about your condition, please contact your GP. If you are not sure what to do, call 111 or get help from 111 online:  
<https://111.nhs.uk/>                      [When to use NHS 111 - NHS \(www.nhs.uk\)](https://www.nhs.uk)

## **Patient Advice and Liaison Service (PALS)**

We can listen to feedback (positive or negative), answer questions and help resolve any concerns about Trust services.

PALS can be contacted on 01904 726262, or email [pals@york.nhs.uk](mailto:pals@york.nhs.uk)

An answer phone is available out of hours.

## **Leaflets in alternative languages or formats**

If you require this information in a different language or format, for example Braille, large print, Easy Read or audio, please ask the staff who are looking after you.

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| Date this version published | November 2022                                       |
| Review Date                 | October 2025  |
| Document Reference          | PIL793 v3, discharge following an allergic reaction |

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