

Emergency Department

Anaphylactic Reaction and Use of an Adrenaline Auto-Injector

Advice for Your Return Home



You have been treated for an anaphylactic reaction. This document provides important information about treatment and monitoring.

What is an anaphylactic reaction?

Anaphylaxis is a severe allergic reaction that can be life-threatening. Warning signs can occur within minutes of exposure to a substance to which you are allergic (food, medication, insect stings or bites, etc.).

Warning signs

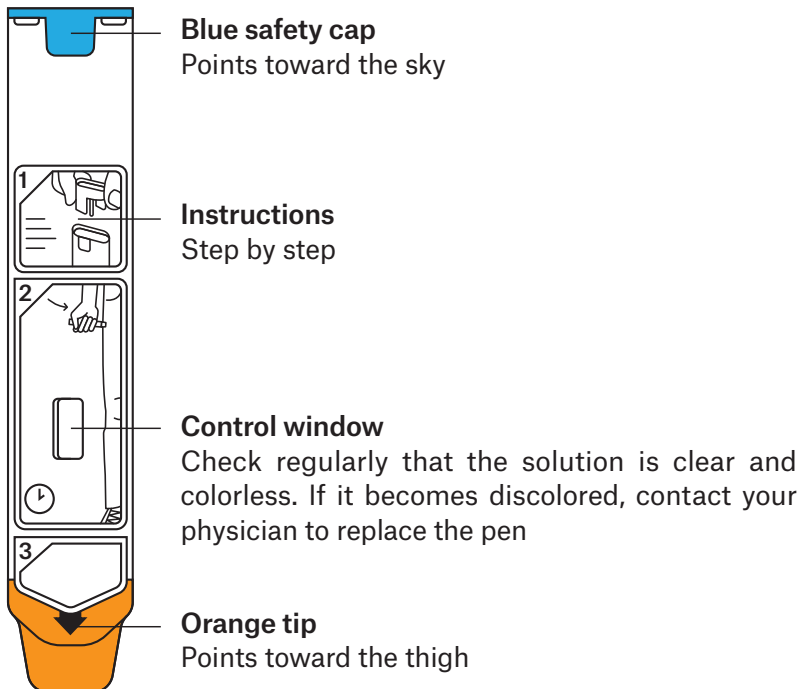
- ▲ Skin rash with swelling
- ▲ Swelling of lips, throat, tongue, hands, or feet
- ▲ Wheezing
- ▲ Hoarseness – voice becomes rough
- ▲ Shortness of breath
- ▲ Digestive problems: abdominal cramps, nausea, vomiting, diarrhea
- ▲ Loss of consciousness

What is your treatment?

The only effective treatment for anaphylactic shock is adrenaline. It must be administered quickly via an injection into the thigh using an auto-injector pen. **Call 144 to determine whether to inject and to receive guidance.**

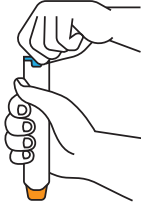
The Emergency Department has prescribed and taught you how to use an EpiPen® brand auto-injector, but other brands are available.

A quoi ressemble un EpiPen®?



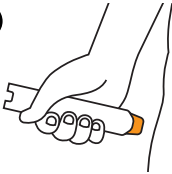
How to perform the injection?

1



- Hold the EpiPen® in your dominant hand (the one you write with).
- Ensure the blue end is pointing up and the orange end toward the thigh.
- Remove the blue cap by pulling straight up.

2



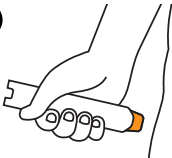
- Hold the EpiPen® about 10 cm from the outer thigh. The orange tip should face the thigh.
- Push the injector firmly against the outer thigh.

3



- Push the injector at a right angle until you hear a “click”.
- Hold the pen in place for 5 seconds.

4



- Remove the EpiPen®. The orange tip will extend to cover the needle and the window will turn opaque.

Note: If injecting another person, keep their leg still during the injection. The auto-injector can be used through clothing or directly on the skin.

After using an adrenaline auto-injector, stay seated or lying down and accompanied while waiting for the ambulance. Unconscious patients should be placed on their side in the recovery position.

If your condition does not improve or worsens within 5–15 minutes, call 144 again to find out whether a second injection is needed **with another auto-injector**

Additional recommendations

- ▲ Stay alert to any warning signs.
- ▲ Each auto-injector is single-use. Always carry two adrenaline auto-injectors with you.
- ▲ Store auto-injectors away from light at temperatures below 25 °C – do not refrigerate or freeze.
- ▲ Regularly check the solution through the window; if it becomes discolored, replace the pen.
- ▲ Inform those around you about your allergies, triggers, symptoms, and the measures to take.
- ▲ Teach someone close to you how to use the auto-injector.

What happens next?

Make an appointment with your general practitioner for follow-up.



For any further questions, please contact your general practitioner or the pharmacist who provided your treatment.



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