



Anaphylaxis Treatment Plan

Name: _____ DOB _____

ALLERGY TO: Bee Sting Tree Nut Peanut Egg Milk Wheat Soy Shellfish

Other: _____

If exposed to known allergen, give:

- 1) **Epinephrine:** Epinephrine 0.3mg or Epinephrine 0.15mg (to be injected into the outside part of your upper thigh and held in place for 10 seconds).
- 2) If you have asthma, take albuterol/levalbuterol 2 puffs or 1 vial via nebulizer.
- 3) Immediately make the patient lie down on the floor. If they are already lying or sitting down, do not sit them up or allow them to stand up.
- 4) **Benadryl:** For Children: check dosing on back side of this form.
For Adults: 25mg OR 50mg by mouth
- 5) Other Medication: _____

Call:

- 1) 911 and tell them that you are having an anaphylactic reaction and need immediate medical attention.
- 2) Dr. Murphy at 610-436-5491 after you have been treated.
- 3) Emergency Contacts: _____

Symptoms of Anaphylaxis:

General	anxiety, sense of doom, headache, cramping of the uterus
Mouth	itchy; tingling; swelling of lips, tongue or mouth; trouble swallowing; hoarse voice
Skin	hives, rash, itchy, swelling of extremities***, redness
Stomach	nausea, vomiting, diarrhea, pain/cramping, itchy throat
Lung	short of breath, coughing, wheezing, throat tightness, chest pain/tightness
Circulation	fainting, pale, blue color, poor pulse, dizzy/lightheaded, low blood pressure

*** For bee sting patients: local swelling at site of sting may not require the use of Epi

You should have 2 EpiPens or EpiPens Jr immediately available, on your person, for use at all times.

Physician Signature _____ Date _____

Patient/Parent Signature _____ Date _____



Suggested Dosing Regimen for Benadryl®:

If using another antihistamine, clarify the correct dose to use by reading the package insert. If you are not sure of the proper dose to use, check with your physician or pharmacist prior to administration of the medication.

Antihistamine ONLY	Benadryl Allergy Liquid 12.5 mg/ 5ml	Benadryl Dye-free Allergy Liquid 12.5 mg/ 5ml	Benadryl Allergy Chewables 12.5 mg/ 5ml
Dosing Frequency	Every 4-6 hours	Every 4-6 hours	Every 4-6 hours
Under 3 months*	Consult your doctor	Consult your doctor	Consult your doctor
4-11 mos.* 12-17 lbs.	¼ tsp	¼ tsp	¼ tsp
12-23 mos. 18-23 lbs.	½ tsp	½ tsp	½ tsp
2-3 yrs. 24-35 lbs.	¾ tsp	¾ tsp	¾ tsp
4-5 yrs. 36-47 lbs.	1 tsp	1 tsp	1 tsp
6-8 yrs. 48-59 lbs.	1 ¼ tsp	1 ¼ tsp	1 ¼ tsp
9-10 yrs. 60-71 lbs.	1 ½ tsp	1 ½ tsp	1 ½ tsp
11 yrs. 71-95 lbs.	1 ¾ tsp	1 ¾ tsp	1 ¾ tsp
12 + yrs. 96 + lbs.	2 tsp	2 tsp	2 tsp