

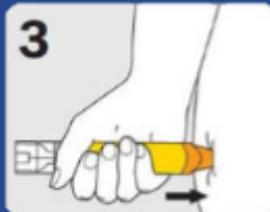
# How to use the Epipen® autoinjector



1. Remove the Epipen® from its protective casing and pull off the blue safety release cap.



2. Place the orange tip against your outer thigh



3. Push down firmly until there is a "click" sound and hold the Epipen® in place for at least 3 seconds. Remove the Epipen® from your thigh.

Tan Tock Seng Hospital  
Clinics BIA and BIB  
TTSH Medical Centre, Level BI  
Contact: 6357 7000 (General Enquiries)

Woodlands Hospital  
Allergy Clinic at Medical Centre Level 2  
Contact: 6363 8000 (Appointment Line)



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Department of  
Rheumatology, Allergy & Immunology

## Anaphylaxis



## What is Anaphylaxis?

Anaphylaxis is a severe allergic reaction which may be potentially life-threatening. It is life threatening because the allergic reaction affects your vital organs such as the windpipe, lungs, heart or gastrointestinal tract.

## What Causes Anaphylaxis?

- The common causes of anaphylaxis worldwide include food allergies (especially peanut allergy), drug allergies and insect venom allergy.
- An allergist will determine the cause(s) of your anaphylaxis after reviewing your symptoms and history.
- Skin tests or blood tests may be performed to help with the diagnosis

## How is Anaphylaxis Treated?

- Your allergist will decide if you need to carry an epinephrine autoinjector (Epipen®). You are encouraged to carry the epinephrine autoinjector with you at all times.
- It is also advisable to inform your family members, employers or school personnel about your anaphylaxis. By doing so, they can watch for symptoms and help you avoid your allergy triggers.

## Anaphylaxis Action Plan

### - Mild Symptoms

Not all allergic reactions will result in anaphylaxis. Mild allergic reactions can be treated with antihistamines alone.

Signs and symptoms of mild reactions include:

- Urticaria (also known as "hives" or "wheals")
- Mild swelling of the eyes or lips
- Tingling sensation around the mouth or of the tongue
- Itchy, watery eyes
- Sneezing, blocked nose, nasal discharge

### What to Do for Mild Symptoms

- Take an antihistamine such as chlorpheniramine
- Be on the alert for worsening symptoms
- Repeat antihistamine as appropriate until mild symptoms resolve

## Anaphylaxis Action Plan

### - Severe Symptoms

It is important to recognise the symptoms of anaphylaxis and seek immediate medical attention.

- Skin flushing, widespread hives, with any of the following:
- Throat tightness with altered voice, difficulty in speaking or swallowing
- Chest tightness, difficulty in breathing
- Rapid heart beat (palpitations)
- Giddiness, feeling faint or losing consciousness
- Abdominal pain
- Vomiting or diarrhoea

### What to Do for Anaphylaxis

- Use your Epipen® autoinjector
- Call 995 for an ambulance
- Do not drive to a hospital, even if you feel well after the injection.
- If you have an inhaler, use your blue inhaler if you have difficulty breathing