

Allergy Injection Reaction Care Plan

This handout explains what an allergic reaction looks like and what steps you should take if it happens after your allergy injection. Reactions can be serious. It's important to act right away.

Signs of an Allergic Reaction

Symptoms can affect different parts of your body. Symptoms can affect the:

- **Mouth:** Itching or swelling of lips, tongue, or mouth.
- **Throat:** Tightness, hoarseness, trouble swallowing, itching, or a "tickle" feeling.
- **Skin:** Hives, itchy rash, or swelling of face, scalp, hands, feet, or groin.
- **Stomach:** Nausea, cramps, vomiting, or diarrhea.
- **Lungs:** Shortness of breath, coughing, wheezing, chest tightness.
- **Heart:** Feeling dizzy, lightheaded, sense of "impending doom," or fainting.

These symptoms can progress to a life-threatening situation within minutes. **Carry your epinephrine device with you on days you receive an injection.** If you think you need your device, use it right away. **Do not** hesitate to treat. Using epinephrine is never wrong if you suspect a severe reaction.

Tell your care team about any reaction before your next injection.

Epinephrine Device

If any of these symptoms develop after your allergy injection:

1. Use your epinephrine device right away.
2. Take an antihistamine:
 - Claritin (Loratadine)
 - Allegra (Fexofenadine)
 - Zyrtec (Cetirizine)
3. **Call 911 or go to the nearest emergency room for assessment and monitoring. Do not** drive yourself. Have someone else drive you.

Instructions for Epinephrine Injection

To use the device during an allergic reaction:

1. Remove the cap.
2. Grip in your palm (do not put thumb on the end).
3. Place tip on outer thigh.
4. Press hard until the injection works.
5. Hold for a count of 3.
6. If symptoms don't improve in 5 minutes, repeat.

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person's health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright © 2/2026 University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing. HFFY# 8483