

Anaphylaxis Checklist

Transitioning from paediatric to adult care for young adults with severe allergies.

Understanding your allergies and learning how to look after your health independently makes the transition from paediatric to adult medical care easier. It is important for you to:

- Have a GP and clinical immunology/allergy specialist whom you see regularly.
- Attend appointments with your GP or clinical immunology/allergy specialist without your parents.
- Provide information to your GP or clinical immunology/allergy specialist and ask questions of them. You could take some notes to remind you of what to ask.
- Before you leave your appointment ensure your GP or clinical immunology/allergy specialist has provided:
 - An adrenaline (epinephrine) autoinjector prescription and ASCIA Action Plan for Anaphylaxis.
 - Education on how to use your adrenaline autoinjector using a trainer device.
 - An ASCIA Travel Plan (if required).
 - A referral for a clinical immunology/allergy specialist (as required).
 - Education on how to avoid known allergens.
 - Information on what to do should you have an allergic reaction, including anaphylaxis.
 - Advice on how to manage your asthma (if relevant).
- See your clinical immunology/allergy specialist to review your allergies every two to three years (or as requested by your specialist). This helps maintain good management of your allergies, and keeps you informed of current treatments and medications that are available to help you manage your allergies.
- Discuss allergen immunotherapy (desensitisation) with your clinical immunology/allergy specialist if you have severe insect allergy, allergic rhinitis (hay fever), or asthma.
- Have your own Medicare card (Australia).
- Make an appointment to see your clinical immunology/allergy specialist after you have an allergic reaction to a previously confirmed or new allergen, even if you are not due for an appointment.

Emergency treatment

- ALWAYS have your adrenaline autoinjector and ASCIA Action Plan for Anaphylaxis with you.
- Know when and how to use your adrenaline autoinjector. Be prepared to use it, and check the expiry date of your adrenaline autoinjector. You may wish to join a reminder service (e.g. EpiClub).
- Educate those around you, including friends, about your allergies and how to use your adrenaline autoinjector.

More information

Visit the ASCIA website www.allergy.org.au

Contact the patient support organisation in your region:

Allergy & Anaphylaxis Australia www.allergyfacts.org.au or Allergy New Zealand www.allergy.org.nz

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