

Emergency Department Discharge Instructions

**Texas Health**
Harris Methodist Hospital
Fort Worth

1300 West Terrell Ave, Fort Worth, TX..... PHONE (817) 820 - 4848

Ford, David #070054765 (Acct:9060277253) (38 y.o. M) PCP: CONNER, T (903-439-3285)

6401

ED Treatment Team

Provider	Role	From	To
Jackson, Richard A, MD	Attending Provider	04/06/2015 0822	--

Diagnoses

Anaphylaxis
Anaphylactic Shock

Discharge References/Attachments

None

Discharge Instructions

Anaphylaxis and Anaphylactic Shock

Anaphylaxis is a serious, potentially life-threatening allergic response that is marked by swelling, hives, lowered blood pressure, and dilated blood vessels. In severe cases, a person will go into shock. If anaphylactic shock isn't treated immediately, it can be fatal.

What Are the Symptoms of Anaphylaxis?

Anaphylaxis may begin with severe itching of the eyes or face and, within minutes, progress to more serious symptoms. These symptoms include swallowing and breathing difficulties, abdominal pain, cramps, vomiting, diarrhea, hives, and angioedema (swelling similar to hives, but the swelling is beneath the skin instead of on the surface).

If you have anaphylaxis, seek emergency medical attention immediately. The condition can quickly result in an increased heart rate, sudden weakness, a drop in blood pressure, shock, and ultimately unconsciousness and death.

What Are the Common Triggers of Anaphylaxis?

Food is generally the most common cause of anaphylaxis. Common food triggers include nuts, shellfish (shrimp, lobster), dairy products, egg whites, and sesame seeds. Wasp or bee stings are also common causes of anaphylaxis.

Additionally, exercise can trigger anaphylaxis if the activity occurs after eating allergy-provoking food.

Medications are also a common cause of anaphylaxis.

Pollens and other inhaled allergens (allergy-causing substances) rarely cause anaphylaxis.