



ALLERGIC REACTION/ANAPHYLAXIS - ADULT/ADOLESCENT

ALS STANDING ORDERS: Allergic reactions may be mild to life threatening (termed anaphylaxis), treat based on the following assessment findings:

Reaction with only rash or urticaria and vital signs stable:

- Pulse oximetry: if room air oxygen saturation less than 95%, manage as reaction includes hypoxia as described below.
- Transport to nearest appropriate ERC.

Reaction includes facial/cervical angioedema:

- ▶ *Epinephrine 0.5 mg IM lateral thigh area (1 mg/1 mL concentration) – one time dose, do not administer if history of cardiac disease or Epinephrine Auto-injector administered prior to arrival.*

→ Pulse oximetry: if room air oxygen saturation less than 95%:

- ▶ *Oxygen by mask or nasal cannula (for nasal cannula provide 6 l/min flow rate as tolerated).*
- ▶ *Diphenhydramine (Benadryl®) 50 mg IM or IV once (do not administer if diphenhydramine taken Prior to arrival).*

→ ALS escort to nearest appropriate ERC.

Reaction includes wheezing or hypoxia (pulse oximetry < 95% saturation):

- ▶ *Oxygen by mask (high flow) or nasal cannula (6 l/min flow rate) as tolerated.*
- ▶ *Epinephrine 0.5 mg IM lateral thigh (1 mg/1mL concentration), may repeat twice with 0.5 mg IM every 5 minutes for continued symptoms. If Epinephrine Auto-injector administered prior to arrival, consider one dose of epinephrine has been provided.*
- ▶ *Albuterol, Continuous nebulization of 6 mL (5 mg) concentration as tolerated.*
- ▶ *Diphenhydramine (Benadryl®) 50 mg IM or IV once (do not administer if diphenhydramine taken prior to arrival).*

→ ALS escort to nearest appropriate ERC.

Reaction includes hypotension, respiratory distress, and/or impending airway obstruction:

- ▶ *Epinephrine 0.5 mg IM lateral thigh (1 mg/1mL concentration)*

→ Establish IV/IO access.

- ▶ *Normal Saline, infuse 250 mL IV or IO, repeat up to maximum 1 liter to maintain adequate perfusion*
- ▶ *After initial IM epinephrine given as above, if continued symptoms after 5 minutes, repeat Epinephrine 0.5 mg IM lateral thigh or Epinephrine 0.3 mg IV / IO (0.1 mg/1 mL concentration)*

Approved:

Carol Schultz, MD

Reviewed: 5/16; 8/18
Initial Release Date: 10/5/2018
Final Implementation Date: 4/1/2019



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- ▶ *Oxygen by mask or nasal cannula (for nasal cannula provide 6 l/min flow rate as tolerated).*
- ▶ *Diphenhydramine (Benadryl®) 50 mg IM/IV once (do not administer if diphenhydramine taken prior to arrival).*

→ Contact Base Hospital and ALS escort to Base designated ERC.

Patients self-treated with Epi-Pen (epinephrine auto-injector) prior to EMS arrival:

Consider patient having received first 0.5 mg epinephrine IM dose and otherwise follow above steps.
ALS escort to ERC for further evaluation even when symptoms resolving.

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