



## 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 95% - 100%, transport to nearest 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 Autoinjector 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 10 minutes for continued symptoms. If Epinephrine Autoinjector administered prior to arrival, consider one dose of epinephrine has been provided.*
- ▶ *Albuterol, Continuous nebulization of 6.0 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, 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 10 minutes, repeat Epinephrine 0.5 mg IM lateral thigh or Epinephrine 0.1 mg IV / IO (0.1 mg/1 mL concentration), may repeat 0.1 mg IV/IO once after 10 minutes.*
  - ▶ *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 autoinjector) 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.