


# ASCIA Action Plan for Anaphylaxis 2025: What's New?

ASCIA has developed 2025 versions of red **ASCIA Action Plans for Anaphylaxis** in response to recent and future changes in adrenaline (epinephrine) devices:

- Anapen® 150 and Anapen® 300 are no longer available in Australia, so only Anapen® 500 is listed on the general and Anapen® specific versions of ASCIA Action and First Aid Plans, from 2025 onwards.
- ASCIA resources are being updated by replacing “injector” with “device”, to enable ASCIA resources to remain relevant when other types of adrenaline devices (that are not injectors, such as those recently approved in the US for routine use) become available in Australia and New Zealand.

To ensure consistency, all ASCIA anaphylaxis resources will be updated in 2025 with the changes noted above, including ASCIA anaphylaxis e-training courses and device specific plans for EpiPen® and Anapen®.



ascia  
australian society of clinical immunology and allergy  
www.allergy.org.au

## ACTION PLAN FOR Anaphylaxis

Photo

Name: \_\_\_\_\_ Date of birth: DD / MM / YYYY

Confirmed allergen(s): \_\_\_\_\_

Family/emergency contact(s):

1. \_\_\_\_\_ Mobile: \_\_\_\_\_

2. \_\_\_\_\_ Mobile: \_\_\_\_\_

Plan prepared by: \_\_\_\_\_ (doctor or nurse practitioner) who authorises medications to be given, as consented by the parent/guardian, according to this plan.

Signed: \_\_\_\_\_ Date: DD / MM / YYYY


Antihistamine: \_\_\_\_\_ Dose: \_\_\_\_\_

This plan does not expire but review is recommended by: DD / MM / YYYY

### How to give adrenaline (epinephrine) devices

#### EpiPen®




**1** Form fist around EpiPen® and PULL OFF BLUE SAFETY RELEASE

**2** Hold leg still and PLACE ORANGE END against outer mid-thigh (with or without clothing)

**3** PUSH DOWN HARD until a click is heard or felt and hold in place for 3 seconds REMOVE EpiPen®

EpiPen® Jr (150 mcg) is prescribed for children 7.5-20kg  
EpiPen® (300 mcg) is prescribed for children over 20kg and adults

#### Anapen®



**1** PULL OFF BLACK NEEDLE SHIELD

**2** PULL OFF GREY SAFETY CAP from red button

**3** PLACE NEEDLE END FIRMLY against outer mid-thigh at 90° angle (with or without clothing)

**4** PRESS RED BUTTON so it clicks and hold for 3 seconds. REMOVE Anapen®

Anapen® 500 is prescribed for children and adults over 50kg

**MILD TO MODERATE ALLERGIC REACTIONS**

**SIGNS:**

- Swelling of lips, face, eyes
- Hives or welts
- Tingling mouth
- Abdominal pain, vomiting - **these are signs of anaphylaxis for insect allergy**

**ACTIONS:**

- Stay with person, call for help
- Locate adrenaline device
- **Give antihistamine - see above**
- Phone family/emergency contact
- Insect allergy - flick out sting if visible
- Tick allergy - seek medical help or freeze tick and let it drop off

**SIGNS OF ANAPHYLAXIS (SEVERE ALLERGIC REACTIONS)**


**Watch for ANY ONE of the following signs:**

- Difficulty talking or hoarse voice
- Swelling of tongue
- Swelling or tightness in throat
- Wheeze or persistent cough
- Persistent dizziness or collapse
- Pale and floppy (young children)

**ACTIONS FOR ANAPHYLAXIS**

**1 LAY PERSON FLAT - do NOT allow them to stand or walk**

- If unconscious or pregnant, place in recovery position - on left side if pregnant
- If breathing is difficult allow them to sit with legs outstretched
- Hold young children flat, not upright



**2 GIVE ADRENALINE DEVICE**

**3** Phone ambulance - 000 (AU) or 111 (NZ)

**4** Phone family/emergency contact

**5** Further adrenaline may be given if no response after 5 minutes

**6** Transfer person to hospital for at least 4 hours of observation

**IF IN DOUBT GIVE ADRENALINE DEVICE**

Commence CPR at any time if person is unresponsive and not breathing normally

**ALWAYS GIVE ADRENALINE DEVICE FIRST, and then asthma reliever puffer** if someone with known asthma and allergy to food, insects or medication (who may have been exposed to the allergen) has **SUDDEN BREATHING DIFFICULTY** (including wheeze, persistent cough or hoarse voice) even if there are no skin symptoms.

“adrenaline device” has replaced “adrenaline injector”

“ADRENALINE DEVICE” has replaced “ADRENALINE INJECTOR”

© ASCIA 2025 This plan is a medical document that can only be completed and signed by the patient's doctor or nurse practitioner and cannot be altered without their permission.

Anapen® 150 and Anapen® 300 are no longer available in Australia, so only Anapen® 500 is listed.