

**COUNTY OF SAN DIEGO EMERGENCY MEDICAL SERVICES
 POLICY / PROCEDURE / PROTOCOL**

**Number S-122
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**SUBJECT: TREATMENT PROTOCOL
 ALLERGIC REACTION / ANAPHYLAXIS**

Date 07/01/2021

BLS

ALS

- Ensure patent airway
- O₂ saturation PRN
- O₂ and/or ventilate PRN
- Attempt to identify allergen & route (injected, ingested, absorbed, or inhaled)
- Safely remove allergen (e.g., stinger, injection mechanism), if possible
- Epinephrine auto-injector 0.3 mg IM x1
- May assist patient to self-medicate own prescribed epinephrine auto-injector or albuterol MDI **once only**. BH contact required for additional dose(s).

- Monitor/EKG
- IV/IO SO
- Capnography SO PRN

Allergic reactions (skin signs only)

- Urticaria (hives, rash)
- Erythema (flushing)
- Pruritus (itching)
- Diphenhydramine 50 mg IV/IM SO

Suspected anaphylactic reactions

- Respiratory: throat tightness, hoarse voice, wheezing/stridor, cough, SOB
- Cardiovascular: fainting, dizziness, tachycardia, low BP
- GI: nausea, vomiting, abdominal cramping
- Tissues: angioedema of eyelids, lips, tongue, face

Anaphylaxis treatment

- Epinephrine 1:1,000 (1 mg/mL) 0.3 mg IM SO, MR x2 q5 min SO **then**
- Diphenhydramine 50 mg IV/IM SO

Anaphylaxis with respiratory involvement

- Albuterol 6 mL 0.083% via nebulizer* SO, MR SO
- Ipratropium bromide 2.5 mL 0.02% via nebulizer[†] added to first dose of albuterol SO

Anaphylaxis with SBP <90 mmHg

- 500 mL fluid bolus IV/IO MR to maintain SBP ≥90 mmHg SO
- Push-dose epinephrine 1:100,000 (0.01 mg/mL) 1 mL IV/IO BHO, MR q3 min, titrate to SBP ≥90 mmHg BHO

Push-dose epinephrine mixing instructions

1. Remove 1 mL normal saline (NS) from the 10 mL NS syringe
 2. Add 1 mL of epinephrine 1:10,000 (0.1 mg/mL) to 9 mL NS syringe
- The mixture now has 10 mL of epinephrine at 0.01 mg/mL (10 mcg/mL) concentration.

***Infection control:** If concerned about aerosolized infectious exposure, substitute with albuterol MDI, if available

[†]**Infection control:** If concerned about aerosolized infectious exposure, use patient's ipratropium bromide MDI, if available, or withhold ipratropium bromide