



PATIENT EDUCATION

Symptoms of Anaphylaxis

Anaphylaxis, also called anaphylactic shock, is a severe allergic reaction. Certain foods, medications and insects, such as bees, hornets and wasps, can cause anaphylaxis for some people. Typically, people who suffer from anaphylaxis have already had an allergic reaction to a food, medication or an insect.

Symptoms of anaphylaxis require emergency medical care. The following are possible symptoms:

- Trouble breathing, such as wheezing, shortness of breath, coughing, or having nasal stuffiness and congestion.
- Chest pain or tightness.
- Hoarse voice.
- Trouble swallowing or having a tight throat or itchy throat and mouth.
- Problems with circulation. Symptoms may include: looking pale or blue, a low pulse, dizziness, lightheadedness or passing out, low blood pressure, shock, or loss of consciousness.

- Skin changes, such as hives, swelling, a rash, feeling itchy, or being warm or red.
- Stomach problems, such as nausea, pain, cramps, vomiting, or diarrhea.
- Feeling anxious that something bad is going to happen.
- Eyes that are itchy, red or watery.
- Having a headache.
- Cramping of the uterus.



If you have any of these symptoms, get emergency medical care right away. If you have an epinephrine device, such as an EpiPen, use it. Call 911 or have someone drive you to the nearest emergency care center.

If you have any questions or concerns about anaphylaxis or this information, be sure to talk to your health care team. They are here to help you.

This material is for your education and information only. This content does not replace medical advice, diagnosis or treatment. New medical research may change this information. If you have questions about a medical condition, always talk with your health care provider.

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