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اگر نیاز به ترجمہ دارید، لطفاً با شماره 01932 723553 تماس بگیرید۔

ਜੇ ਤੁਹਾਨੂੰ ਤਰਜਮੇ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਇਸ ਨੰਬਰ ਤੇ فون ਕਰੋ: 01932 723553

اگر آپ اس کا اردو زبان میں ترجمہ چاہتے ہیں، تو براہ کرم اس فون نمبر 01932 723553 پر رابطہ کریں

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আপনার অনুবাদের দরকার হলে এখানে যোগাযোগ করুন : 01932 723553

यदि आपको अनुवाद की ज़रूरत है तो कृपया इस नंबर पर फोन करें: 01932 723553

Jeżeli chcemy, aby te informacje w innym języku, proszę zadzwonić 01932 723553

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# Discharge from Allergy Clinic

## Paediatrics



# Allergy Clinic

## When would we like to see your child next?

Your child has been diagnosed with an allergy. As they are currently stable, we do not need to see them regularly in clinic and they have been discharged to the care of your GP. However, as a minimum, we feel children should be seen at these key points:

- Before starting primary school
- Before starting secondary school
- Before leaving school or starting college

Please ask your GP to refer your child to us at these time points.

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### Further Information

We endeavour to provide an excellent service at all times, but should you have any concerns please, in the first instance, raise these with the Matron, Senior Nurse or Manager on duty.

If they cannot resolve your concern, please contact our Patient Experience Team on 01932 723553 or email [asp-tr.patient.advice@nhs.net](mailto:asp-tr.patient.advice@nhs.net). If you remain concerned, the team can also advise upon how to make a formal complaint.

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## Further information

<http://www.epipen.co.uk/patients/>

<http://www.emerade-bausch.co.uk/patient>

<http://www.jext.co.uk/>

<http://www.itchysneezywheezy.co.uk/>

<https://www.anaphylaxis.org.uk/>

<https://www.bsaci.org/>

<https://www.allergyuk.org/>

Allergy action plans and medical authorisation to travel can be obtained from the allergy department or from your GP.

We would also like to see children if:

- They develop a new allergy
- They develop asthma or wheeze requiring use of a steroid inhaler
- They required adrenaline or if they were admitted with a severe reaction (anaphylaxis)
- They have a severe delayed allergic reaction
- There are concerns about growth related to the allergy

Please ask your GP to refer your child to us if any of these problems arise.

We recommend regular reviews with your GP, where you can discuss any problems and your GP can refer you back to us if needed. You should also see your Health Visitor to monitor how your child is growing.

## Antihistamines

Antihistamines may be used to relieve symptoms in a mild to moderate allergic reaction. Antihistamines are not a treatment for anaphylaxis.

The dose of antihistamines should be increased when your child is 6 years and 12 years. Repeat prescriptions should be obtained from your GP.

## Adrenaline

Your child may have been given an adrenaline auto-injector device to use in case of a severe allergic reaction. We strongly recommend registering your device on the manufacturer's website (see links below). This will give you access to useful training materials to remind you how to use your device as well as general advice about anaphylaxis. Registering your device also allows you to sign up for expiry updates to ensure you always have in-date adrenaline available should you need it.

Training in the use of an adrenaline auto-injector device should be refreshed every 2 years.

You can speak to your GP, pharmacist, or the Paediatric Allergy Nurse if you have any questions about your device. Repeat prescriptions should be obtained from your GP.

The dose of adrenaline needs to be adjusted with your child's weight. Please speak to your GP about changing your prescription when necessary.

- An adrenaline dose 150mcg is suitable for younger children
- When your child weighs between 25 and 30kg and their device is due to expire we recommend the adrenaline dose is increased to 300mcg
- When your child is over 50kg we recommend changing to the Emerade 500mcg device