



Information for patients, relatives and carers

Angioedema / Anaphylaxis

You have suffered an attack of a condition called angioedema / anaphylaxis. Angioedema is swelling underneath the skin. It is usually a reaction to a trigger, such as a medicine or something you're allergic to.

It is not normally serious, but it can be a recurring problem for some people and can very occasionally be life-threatening if it affects breathing.

Treatment can usually help keep the swelling under control. You may have been given two sets of tablets and an easy-to-use syringe.

The first of the tablets are steroids and are used to suppress the immune system, which currently is overactive. The second set of tablets is an antihistamine, which is used to suppress your symptoms.

The plan following this attack should be as follows:

Take the steroid tablets for days and then stop. Take the antihistamine tablets for four days. Keep the rest in case of future attacks. It would be worth getting a supply when these run out.

The plan for the future:

Put two antihistamine tablets inside the adrenaline auto-injector container for emergencies. Carry the adrenaline auto-injector with you at all times.

If you get a mild recurrence take an antihistamine. They dissolve quickly in the mouth under your tongue. If your breathing or throat becomes affected, use the adrenaline auto-injector, and get medical help.

Read the adrenaline auto-injector instructions today and familiarise yourself with it. It can only be used once. Ask your GP if they have a demonstration you can practice with.

Remember that this condition is very treatable but needs a plan to deal with it. Otherwise aim to live a normal life. Try to identify what triggers an attack and avoid that.

① If you have further concerns about your condition, please contact your GP. If you are not sure what to do, call 111 or get help from 111 online: <https://111.nhs.uk/> [When to use NHS 111 - NHS \(www.nhs.uk\)](https://www.nhs.uk/when-to-use-nhs-111/)

Patient Advice and Liaison Service (PALS)

We can listen to feedback (positive or negative), answer questions and help resolve any concerns about Trust services.

PALS can be contacted on 01904 726262, or email pals@york.nhs.uk

An answer phone is available out of hours.

Leaflets in alternative languages or formats

If you require this information in a different language or format, for example Braille, large print, Easy Read, or audio, please ask the staff who are looking after you.

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