

#### What happens next?

# anaphylaxis UK

A brighter future for people with serious allergies

## **Adrenaline Auto-Injectors**

If you've had a systemic reaction to an insect sting, your doctor or the A&E department should provide you with 2 AAIs (<u>EpiPen/Jext</u>). It's important to be trained on how/when to use them, and they should always be easily accessible to you. Visit our <u>Adrenaline Factsheet</u> to find out more.







### **Allergy Testing**

If a venom allergy is suspected, you will likely undergo blood tests and skin prick testing to confirm the diagnosis and identify the specific bee or wasp you're allergic to. Visit our <u>Allergy Testing Factsheet</u> here to find out more.



## **Venom Immunotherapy**

If you're high-risk for further anaphylaxis you might be suitable for venom immunotherapy treatment (VIT). The goal of VIT is to desensitise your immune system to the venom, so that it no longer overreacts. Visit our <u>VIT factsheet</u> here to find out more.

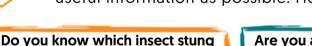






#### How can I prepare for my appointment?

Being well-prepared for your appointment can help ensure you provide as much useful information as possible. Here are some potential questions you may be asked:



Try to identify the insect that stung you, as this helps with diagnosis. It's uncommon to be allergic to both wasps and bees.

you?

## Are you at high risk of being stung again?

Consider your activities, such as beekeeping or working outdoors, which may increase your risk. Recall how many times you've been stung in the past and any reactions you had.

# Do you have any photos of the sting site from the days following the reaction?

Photos can provide valuable information for the consultant to determine the severity of your reaction and identify the insect.

# Do you have any notes from Accident & Emergency (A&E)?

If you went to A&E due to anaphylaxis from an insect sting, bring any information or notes from that visit.

# Do you have a history of allergic reactions to other things?

While a history of allergies doesn't mean you're more likely to be allergic to insect stings, your healthcare provider will likely want to know about it.

## Do you have any questions for the doctor?

We recommend reviewing our bee and wasp sting factsheet before your appointment, as they might have answers to some of your questions.