

Checklist for food allergy management in hospitals/health care settings

Like any food service, you should never assume that a hospital or other healthcare facility can provide appropriate food for people with food allergy. The following checklist is designed to assist you with both planned and unexpected hospital visits.

- Always disclose your food allergy to doctors and nursing staff (even if they only ask about medication allergy).
- If you are having a planned hospital visit contact the hospital ahead of time explaining your food allergy and asking how they will manage it.
- Ensure you receive an allergy wristband (usually red) upon admission and that your food allergy status is included in your medical notes with every hospital visit.
- Declare your food allergies at EVERY meal and snack time, as well as when you present to each hospital area (e.g. emergency, ward, day surgery, recovery). Don't rely on staff checking your allergy status in your medical notes.
- Ask about food content. Legally, they should be able to provide you with information on content verbally or in writing.
- For children with food allergies, ensure your child's meal and snack times are ALWAYS supervised by a parent/carer or nurse.
- Provide your own food if you don't feel confident the hospital can cater for your/your child's food allergy/s.
- Have your adrenaline (epinephrine) autoinjector (e.g. EpiPen®) with you and ensure it is written up on your medication chart by the doctor on admission. This will help enable prompt administration of adrenaline (epinephrine) should you show signs of a severe allergic reaction.
- Always follow your ASCIA Action Plan and keep it with your EpiPen®. Consider taking an extra copy for inclusion in your medical chart.
- If you develop signs and symptoms of an allergic reaction after eating, locate your EpiPen® and follow instructions on your ASCIA Action Plan and call for help. Don't hesitate to administer your EpiPen® if you feel you need it. Ensure you press the ASSIST/EMERGENCY button and tell nursing staff that you have administered the EpiPen®. Never stand or walk to the nurse's station if you are having an allergic reaction, even after giving the EpiPen®.

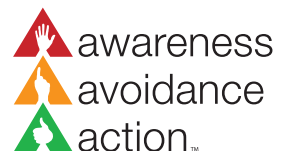
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