

Anaphylaxis discussion guide

Talking to a doctor about supporting your child's allergy care

This guide helps you stay organized and make the most of your time with your child's doctor

Page 1: Think about your child's allergy care and what you want to discuss at the appointment

Page 2: Simple prompts and suggestions to guide the conversation



Preparing for your child's appointment

How things are going right now

Do you know your child's triggers and how to avoid them?

NOTES

If your child has a severe allergic reaction, do you both know what to do?

What worries you or your child most about dealing with a severe allergic reaction?

Are you and your child confident in using/taking emergency medicine, including knowing when and how to use/take it?

Would you like more information on any specific topics?

Do you have any questions about a new or existing allergy?

What to bring with you

Current emergency medicine and expiry dates

- ☐ Adrenaline device _____
- ☐ Antihistamine _____
- ☐ Steroid _____
- ☐ Other _____

☐ Your child's Allergy Action Plan

☐ Child's current weight

_____ kg

Other medication your child takes (besides emergency medication)

Setting goals for the appointment

Think about what matters most to you and your child right now and how the doctor can help

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Prompts to help guide the conversation at your child's appointment

Tell the doctor what triggers your child's severe allergic reactions?

☐


Food

☐


Medication

☐

Other

NOTES

☐


Latex

☐


Insect venom

Updates since the previous appointment

Any changes in your child's health?

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Any severe allergic reactions?

Suggestions to ask the doctor

Review the allergy action plan

NOTES

Are all the recommendations in the plan still appropriate for my child?

Does the plan cover the symptoms we should look for?

Anything else we can do to avoid my child's triggers at home, school or when on the go?

Check medication details

Is the dosage right for their weight and age?

NOTES

Any storage considerations?

How often should we replace them?