

This document has been developed by [ASCIA](http://www.ascia.org.au), the peak professional body of clinical immunology/allergy specialists in Australia and New Zealand. ASCIA information is based on published literature and expert review, is not influenced by commercial organisations and is not intended to replace medical advice. For patient or carer support contact [Allergy & Anaphylaxis Australia](http://www.allergyfacts.org.au) or [Allergy New Zealand](http://www.allergy.org.nz).

Understanding your allergies and learning how to look after your health independently makes the transition from paediatric to adult medical care easier.

It is important for you to:

- Have a GP and clinical immunology/allergy specialist whom you see regularly.
- Attend appointments with your GP or clinical immunology/allergy specialist without your parents.
- Provide information to your GP or clinical immunology/allergy specialist and ask questions of them. You could take some notes to remind you of what to ask.
- Before you leave your appointment ensure your GP or clinical immunology/allergy specialist has provided:
 - Prescription for adrenaline (epinephrine) injector/s (EpiPen® or Anapen®).
 - Education on how to use your adrenaline injector using a trainer device.
 - ASCIA Action Plan for Anaphylaxis (red) and Travel Plan.
 - Referral for a clinical immunology/allergy specialist (if required).
 - Education on how to avoid known allergens.
 - Information on what to do should you have an allergic reaction, including anaphylaxis.
 - Advice on how to manage your asthma (if relevant).
- See your clinical immunology/allergy specialist to review your allergies every two to three years (or as requested by your specialist). This helps maintain good management of your allergies, and keeps you informed of current treatments and medications that are available to help you manage your allergies.
- Discuss allergen immunotherapy (desensitisation) with your clinical immunology/allergy specialist if you have severe insect allergy, allergic rhinitis (hay fever), or asthma.
- Have your own Medicare card (Australia).
- Make an appointment to see your clinical immunology/allergy specialist after you have an allergic reaction to a previously confirmed or new allergen, even if you are not due for an appointment.

Emergency treatment

- ALWAYS have your adrenaline injector and ASCIA Action Plan for Anaphylaxis with you.
- Know when and how to use your adrenaline injector and be prepared to use it.
- Check and note the expiry date of your adrenaline injector.
- Educate those around you, including friends, about your allergies and how to use your adrenaline injector.

More information

- Visit the Allergy250K website for young adults <https://allergy250kya.org.au>
- Contact the patient/carer support organisation in your region:
Allergy & Anaphylaxis Australia www.allergyfacts.org.au or Allergy New Zealand www.allergy.org.nz

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For more information go to www.allergy.org.au/patients/about-allergy

To support allergy and immunology research go to www.allergyimmunology.org.au/donate