

Allergic reactions for radiology patients

Introduction

This leaflet explains what an allergic reaction is and how to care for yourself should this happen.

What is an allergic reaction?

You can have an allergic reaction from contact with different things such as foods, insect stings and medications.

In radiology, allergic reactions can happen after you have been given a medication intended to help with your examination. If you experience an allergic reaction, you may have feelings of nausea (feeling sick) and/or shortness of breath. You may also notice changes in your voice or on your skin such as itchiness, redness or raised bumps called hives. It is important that you follow the advice given to you by the nurse or radiographer and the instructions in this leaflet.

Treatment

You will have been monitored by a member of the nursing or medical team to assess the reaction you have experienced. In some cases, you may have been given medication to help your body recover from the reaction.

You will be asked to stay in the department until your symptoms have settled. A doctor or nurse may examine you before you leave the department and advise you if any further treatment is necessary.

In rare cases, you may be referred to the Emergency Department for further assessment.

Is there anything I can do at home?

If you have had a reaction at the site of an injection of medication, you are advised to monitor the area for any signs it has come back.

If advised to do so you may take anti-histamine medication. Please follow the instructions provided in the packet. If the area is painful, take your usual pain relief.

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Radiology

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**Patient
Information**

Important

If you have any of the following symptoms, you should contact your GP or NHS 111 for advice. Please have this leaflet with you:

- Nausea or vomiting up to 24 hours after the reaction.
- Increased redness, itching, a rash or bumps on your skin.

If you experience shortness of breath, difficulty swallowing or speaking you should go to the Emergency Department.

If you receive further appointments for imaging from any Radiology department, it is important that you let them know about this reaction. The medication used has been detailed below:

Pharmaceutical used	Date and time	Reaction	Site of reaction	Treatment

Contact information

If you have any questions or concerns about your reaction then please contact the Radiology Nursing Team.

Tel: 0300 422 5152 or

Tel: 0300 422 3063

Monday to Friday, 9:00am to 5:00pm

Outside of these hours you should contact NHS 111 for advice.

NHS 111

Tel: 111

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Making a choice

Shared Decision Making

If you are asked to make a choice, you may have lots of questions that you want to ask. You may also want to talk over your options with your family or friends. It can help to write a list of the questions you want answered and take it to your appointment.



Ask 3 Questions

To begin with, try to make sure you get the answers to three key questions if you are asked to make a choice about your healthcare.

1. What are my options?
2. What are the pros and cons of each option for me?
3. How do I get support to help me make a decision that is right for me?

These resources have been adapted with kind permission from the MAGIC Programme, supported by the Health Foundation

* Ask 3 Questions is based on Shepherd HL, et al. Three questions that patients can ask to improve the quality of information physicians give about treatment options: A cross-over trial. Patient Education and Counselling, 2011;84: 379-85



<https://aqua.nhs.uk/resources/shared-decision-making-case-studies/>