

# Anaphylaxis during Anaesthesia

## Post Crisis Management

### Once Situation is Stabilised

#### Consider Steroids

**Dexamethasone** 0.1 - 0.4 mg/kg  
(Paediatric maximum 12 mg)

**Hydrocortisone** 2 - 4 mg/kg  
(Paediatric maximum 200 mg)

#### Consider ORAL Antihistamines

Consider oral non-sedating Antihistamines  
when patient able to take oral medications

#### IV/IM Antihistamines

NOT RECOMMENDED

### Consider: Proceed/Cancel/Postpone Surgery Postoperative ICU/HDU monitoring

#### Investigations

- **Tryptase**
  - Immediately
  - 1 hour
  - 4 hours
  - > 24 hours
- Use serum (SST) or plain tube
- Other investigations as clinically indicated
- Coagulation screen if proceeding with surgery

#### Observations

- Monitor closely for 6 hours
- Consider 24 hours ICU/HDU if moderate to severe
- Anaphylaxis may persist for >24 hours despite aggressive treatment

**Letter with Patient: Reaction Description + Agents Used**  
**Refer Patient for Allergy Assessment and Testing**  
**For referral form & to locate nearest testing centre go to**  
**[www.anzaag.com](http://www.anzaag.com)**