



IMAGERIE MÉDICALE | MEDICAL IMAGING

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RECOMMENDATIONS IN ORDER TO PREVENT OR TO MANAGE DELAYED ALLERGIC REACTIONS

**Delayed reactions are rare, but they can happen.
Give these recommendations to a relative or close friend.**

- **Drink lots of water** to allow your system to clean.
The allergen will be eliminated while you urinate.
N.B. Your urine will not change color.
- **Take antihistamines** to prevent symptoms from reoccurring.
Caplets of Benadryl 25 mg every 4-6 hours, if necessary.
Beware: Benadryl can cause drowsiness. Do not drive.
- **Ask a relative or close friend to be present** for the next 4-6 hours.
- Have close at hand your **medicare**, your **card mentioning your recent allergy** as well as your already known allergies.
- **Wear a bracelet** indicating the allergen.
- If you have any questions or feel anxious, **call a nurse** at the clinic or at Info-Santé or **consult your CLSC**.
- **Be attentive to signs and symptoms** that could indicate that you are having delayed reactions (**itchiness, hives, sneezing, cough, etc.**)
- If the **signs and symptoms reoccur**, even if they seem minor, **consult a doctor or call 911**.
You probably need a treatment.

What you can do for yourself is to continue to do your favorite distractions: music, television, reading, board games, etc. but **mainly rest**. This will help you **reduce your anxiety**. Anxiety is malaise, which is characterized by somatic phenomenon or physical such as: muscle tension, trembling, dryness of the mouth, sweats, quick pulsations, chest wall tightening or epigastric discomfort. You could confuse these signs and symptoms with ones of a delayed reaction (itchy, respiratory distress, palpitations, perspiration, etc.) and could create in you a state of panic which will not help you to recuperate.

N.B. The administered medications to counter your allergic reaction could produce drowsiness. Do not drive or operate heavy machinery for the following 8 hours.