



Severe allergy review: A guide for parents

As your child grows, their allergy plan may need updating.
Use this checklist to help you prepare for an appointment with their doctor.

What triggers your child's severe allergic reactions?



Food



Medication



Other



Insect venom



Latex



Things to consider before the appointment

Notes

Any changes in your child's health or allergy?

Any severe allergic reactions since their last appointment?

Are you and your child confident using their emergency medication, including when and how to use it?

Does your child worry about using their emergency medication, like being scared of the injection?

Anything else the doctor should know?



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What to bring with you

Notes

- | | | |
|--|--|-------|
| ☐ Current adrenaline device to check expiry | ☐ List of child's medications | _____ |
| ☐ Allergy action plan | ☐ Current weight ____kg/lbs | _____ |

Suggestions to ask the doctor

Review the allergy action plan

- ☐ Are all the steps still appropriate for my child's age and activities?
- ☐ Does the plan cover the correct symptoms to look out for?
- ☐ Anything else we can do to avoid my child's trigger at home, school or when out and about?

Check medication details

- ☐ Are my child's current medications still the best option?
- ☐ Is the dosage right for their weight and age?
- ☐ Any storage considerations?
- ☐ How often should we replace them?
- ☐ How can I make sure we have enough medication at home, school and with other caregivers?

Notes

Planning ahead

Notes

- ☐ Should my child be re-tested?
- ☐ Should we schedule a follow-up appointment?
- ☐ Are there any tools to help us track expiry dates and updates?

You're doing great
- we're just here to help