



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?

Anything else the doctor
should know?



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What to bring with you

Notes

- | | | |
|--|---|-------|
| <input type="checkbox"/> Current adrenaline device to check expiry | <input type="checkbox"/> Your child's current allergy action plan | _____ |
| <input type="checkbox"/> List of your child's medications | <input type="checkbox"/> Current weight ____st/lb or ____kg | _____ |

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 for them?
- ☐ Is the dosage right for their weight and age?
- ☐ How can I make sure we have enough medication at home, school and with other caregivers?

Notes

Planning ahead

Notes

- | | |
|---|-------|
| <input type="checkbox"/> Should my child be re-tested? | _____ |
| <input type="checkbox"/> Should we schedule a follow-up appointment? | _____ |
| <input type="checkbox"/> Are there any tools to help us track expiry dates and updates? | _____ |

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