Reaction Action Plan

- Small redness
- Minor swelling
- Itching
- Minor Pain
- Minor Bruising

- Blisters
- Severe Pain
- Large redness
- Severe itching
- Severe bruising
- Reactions getting worse

Call health care provider

- Throat swelling
- Lips, face or tongue swelling
- Trouble breathing
- Chest tightness
- Hives

Call 911

References:
   a. Adalimumab: Drug information.
   b. Certolizumab pegol: Drug information.
   c. Golimumab: Drug information.

*Small redness means no larger than 2” across or smaller than your fist
*Large redness means larger than 2” across or larger than your fist

**Medicines include:
- Over the counter pain product
- Diphenhydramine (Benadryl) or hydrocortisone cream applied afterwards for itching
The Difference Between Allergic and Injection Site Reactions

This handout will explain the difference between allergic and injection site reactions from getting a shot. Know the difference so you can avoid delays in treatment and use the medicine safely.

Injection Site Reaction
All medicines given as a shot may cause a local reaction. Local refers to side effects only at the site of the shot. These include: redness, itching, pain, swelling, bruising, burning, or a small amount of bleeding. Site reactions are usually mild and go away within one to three days.

To Reduce Your Chance of a Reaction

- Let the medicine sit at room temperature for up to 30 minutes before use. This helps reduce pain.
- Give diphenhydramine (Benadryl) 30 minutes before.
- Apply hydrocortisone cream after to help with itching, redness, and swelling. A pain reliever may also be used. Talk with your clinic to find one right for you.
- Allow the skin to dry after using the alcohol swab. If not dry, alcohol pushed in by the needle can cause burning.
- A cold pack applied to the site before and after may help to numb the area. Do not use a warm compress or heating pad as this will increase blood flow and may cause more pain.
- Make sure the shot is given in fatty areas by pinching the skin. A shot in a muscle hurts more than in fat.
- Change spots where the shot is given.
- Never give a shot in a bruise, scar, visible vein or areas with redness, swelling, or broken skin.
- Write down site reactions including all side effects and what you did to help them. Bring your notes to your next clinic visit.

When to Call
Call the clinic if:

- Reaction does not go away after 3 days.
- The local reaction is severe. Severe means: blisters, redness that is larger than your fist (more than 2 inches across), severe bruising, bleeding, pain or itching.
- Site reactions seem to be getting worse with each shot.
- You have a rash across the bridge of your nose and cheeks.
- You see purplish-red spots anywhere on your body.

Call 911 if you have:

- Swelling of the face, lips or tongue
- Throat swelling or trouble breathing
- Chest tightness
- Hives

Who to Call
Call your health care team at the Digestive Health Center: 608-890-5000