

## Management of angioedema & referral to secondary care

## **Recurrent swelling attacks**

Not part of anaphylaxis Not on ACE-inhibitors No drug/food triggers C3, C4 - normal

STEP 1. Self management with Cetirizine 10mg (1-2 tablets)

If episodic, can take when required (over-the-counter medication)
Alternatives: Levocetirizine, Desloratidine (any anti-H1 can be drowsy)

**GOOD RESPONSE** can take once or twice daily for 3-6 months (if regular attacks)

## **INADEQUATE RESPONSE**

**STEP 2:** Start with Fexofenadine 180mg up to two tablets twice daily +/- Cetirizine 10mg at lunch time

Duration: 3-6 months
Titrate dose after 3 months and
STOP

Still inadequate response at 3-6 months or frequent relapses

STEP 3: Refer to SECONDARY CARE

## Note:

Montelukast can be added to high-dose antihistamines Or, Tranexamic acid 1g up to three times a day can be tried before referral to secondary care



