

Should I see a doctor about my bee or wasp sting?

My reaction was only around the sting site (local reaction*)

→ AAI = Adrenaline auto-injector (EpiPen or Jext)

Was the reaction at sting site bigger than 10cm?

No

No further investigation necessary

Yes

Was it still >10cm between 24hrs and 48hrs after the sting?

No

For sting discomfort speak to your pharmacist.

Yes

Speak to your GP:

- If the sting site reaction peaks in size between 24hrs-48hrs after the sting this could suggest a venom allergy.
- Delayed severe or worsening swelling & pain several days after the sting could be due to an infection & may need antibiotics.

See page below for what to expect next!

Low blood pressure is a dominant feature of venom allergy anaphylaxis and may occur alone.

My reaction affected other parts of my body (systemic reaction)

Did you experience any of the following symptoms shortly after being stung?

- Drop in blood pressure
- Dizziness / light headedness
- Nausea/vomiting
- Stomach cramps
- Weakness
- Persistent coughing
- Hives
- Sense of impending doom
- Swelling in mouth/throat
- Wheezing

Yes

Visit your GP to request referral to an allergy clinic & prescription of AAI's whilst awaiting investigation.
→ Use your AAI and call 999 if you are having a reaction!

No

Refer to instructions for local reaction*

Adrenaline Auto-Injectors

If you've had a systemic reaction to an insect sting, your doctor or the A&E department should provide you with 2 AAls ([EpiPen](#)/[Jext](#)). It's important to be trained on how/when to use them, and they should always be easily accessible to you. Visit our [Adrenaline Factsheet](#) to find out more.



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Allergy Testing

If a venom allergy is suspected, you will likely undergo blood tests and skin prick testing to confirm the diagnosis and identify the specific bee or wasp you're allergic to. Visit our [Allergy Testing Factsheet](#) here to find out more.



Venom Immunotherapy

If you're high-risk for further anaphylaxis you might be suitable for venom immunotherapy treatment (VIT). The goal of VIT is to desensitise your immune system to the venom, so that it no longer overreacts. Visit our [VIT factsheet](#) here to find out more.

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How can I prepare for my appointment?

Being well-prepared for your appointment can help ensure you provide as much useful information as possible. Here are some potential questions you may be asked:

Do you know which insect stung you?

Try to identify the insect that stung you, as this helps with diagnosis. It's uncommon to be allergic to both wasps and bees.

Are you at high risk of being stung again?

Consider your activities, such as beekeeping or working outdoors, which may increase your risk. Recall how many times you've been stung in the past and any reactions you had.

Do you have any photos of the sting site from the days following the reaction?

Photos can provide valuable information for the consultant to determine the severity of your reaction and identify the insect.

Do you have any notes from Accident & Emergency (A&E)?

If you went to A&E due to anaphylaxis from an insect sting, bring any information or notes from that visit.

Do you have a history of allergic reactions to other things?

While a history of allergies doesn't mean you're more likely to be allergic to insect stings, your healthcare provider will likely want to know about it.

Do you have any questions for the doctor?

We recommend reviewing our bee and wasp sting factsheet before your appointment, as they might have answers to some of your questions.