

Sometimes an HAE attack will require a visit to the hospital. Knowing what to expect and how to prepare might help make any hospital stays a little easier. Here, we help you to **plan ahead** and **pack a bag**, so if you need to visit hospital for treatment you can feel prepared.

PLAN AHEAD!

There are many things you can do to prepare for possible emergency situations. Talk with your doctor to make a plan about what to do in an emergency and share this with people around you in case you need their support.

You might also:



Identify your nearest emergency department and how to get there



Contact local hospitals in your area and notify them about your condition so they are familiar with HAE if you need urgent care



Carry a Patient ID card or a letter that can provide important information about your condition if you're unable to communicate it in an emergency

PACK A BAG

If you do need to go to hospital, there are several things you can take with you to help things go more smoothly and ensure you get the care you need. If you have time, use the checklist below to pack the things you may need while in hospital.

Information about HAE and your treatment:

Patient ID Card with details for your chosen emergency contact, as well as a specialist doctor or nurse

Your **Berinert product** or **treatment**

Your **Berinert Diary**, to provide the healthcare team with information on any recent attacks and use of your treatment

A letter for emergency doctors that explains what HAE is and your treatment. You can download a template here and personalise it with your details

REMEMBER CALL 999 IMMEDIATELY IF YOU NOTICE:

Hoarse voice or laryngitis, whistling or wheezing when breathing, shortness of breath or swelling to the lips, tongue, face or throat.

Swelling of the larynx (i.e., the throat around your voicebox) can be life-threatening and requires immediate medical treatment.

HAE is a rare condition. That means not everyone you meet when going into hospital for treatment will have heard of it or know how to treat it.

Your patient ID card and template letter can help you inform others about your HAE and the treatment you need during an attack.

You may also want to take the following:

Snacks and activities to distract you while you wait or recover (for example, books or magazine)

Spare phone charger

Money in the form of cash or a bank card

Bottle of water

During an emergency, you may not have time to pack a bag. It may be helpful to have a hospital bag with these items packed and ready to go.

Taking some steps to prepare will hopefully help you to feel ready for a visit to the hospital should you need to go. If you've never been treated in hospital for your HAE before, you may still be wondering what to expect. Why not visit Berinert.co.uk to hear people living with HAE talk about their experiences of hospital treatment?

Berinert®

This leaflet is intended only for adult patients (≥18 years old) with hereditary angioedema (HAE) who have been prescribed Berinert.

REPORTING SIDE EFFECTS

If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in the package leaflet. You can also report side effects directly via the Yellow Card Scheme at www.mhra.gov.uk/yellowcard.

By reporting side effects, you can help provide more information on the safety of this medicine.

Provided as a service to medicine by CSL Behring UK Ltd.

Phone: 01444 447 405
Email: medinfo@cslbehring.com
www.cslbehring.co.uk

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**YOUR
GO KIT**
Visiting hospital
for treatment