

Spray It, Don't Say It: Anaphylaxis Updates 2026

Ryan Bolotte, MD
9601 Blackwell Rd. Suite 350
Rockville, MD 20850
301-545-5512



schreiber
allergy

Anaphylaxis₍₁₎

- Serious, systemic hypersensitivity reaction that is usually rapid in onset and may cause death
- Lifetime prevalence = **1.6-5.1%**
- First-line treatment = **epinephrine**



Biphasic Anaphylaxis₍₁₎

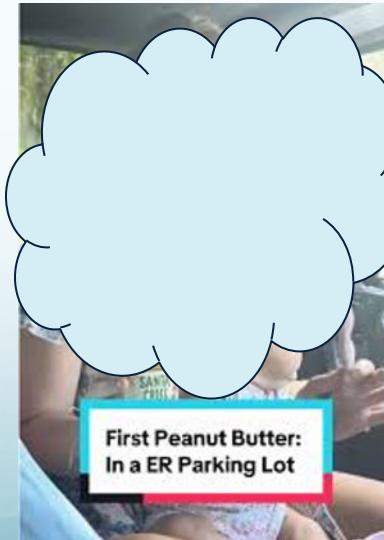
- Repeated anaphylaxis occurring:
 - At least 1 hour after initial signs and symptoms have completely resolved
 - Within 48 hours of initial reaction
 - Without re-exposure to an allergen trigger
- Meta-analysis: 2890 adult patients with anaphylaxis₍₂₎
 - **6.5%** of anaphylactic reactions
 - **10.5 hours** after initial reaction
- **Early epinephrine use** decreases risk of biphasic reactions and the need for hospitalization



Anaphylaxis in Infants & Toddlers₍₁₎

Anaphylaxis is unlikely to be the initial reaction to an allergen on first exposure in young children

Most common reactions are mild-to-moderate and primarily cutaneous



Emergency Medical Services₍₁₎

- With prompt use of **epinephrine**, calling 911 may not be required if:
 - the patient experiences rapid, complete, and durable response to treatment
 - has access to additional epinephrine



neffy (epinephrine nasal spray)₍₃₎

- Ages ≥ 4 years old and weight ≥ 33 lbs
- Delivers the same epinephrine found in needle-injectors
- Effective in patients with runny/stuffy noses
- Inhaling is not required
- Patient can be in any position



Anaphylm (epinephrine sublingual film)₍₄₎

- Target action date = 1/31/2026
- Similar in size to postage stamp
- Weighs <1 oz
- Dissolves on contact with no water or swallowing required
- Thinner and smaller packaging than an average credit card

Conclusion(1-4)

- First-line treatment = **epinephrine**
- **Early epinephrine use** decreases risk of biphasic reactions and may allow for 911 not to be called
- neffy = epinephrine nasal spray
- Anaphylm = epinephrine sublingual film



Citations

1. Golden DBK, Wang J, Waserman S, et al. Anaphylaxis: A 2023 practice parameter update. *Annals of Allergy, Asthma & Immunology*. 2024;132(2):124-176. doi:10.1016/j.anai.2023.09.015
2. Kim TH, Yoon SH, Hong H, Kang HR, Cho SH, Lee SY. Duration of observation for detecting a biphasic reaction in anaphylaxis: a meta-analysis. *Int Arch Allergy Immunol*. 2019;179(1):31–36.
3. [neffy](#)
4. [Aquestive](#)

