



\*\* “PEG Polyethylene glycol (PEG) is a common, water-soluble ingredient in a wide variety of commercial products including some vaccines and medications. It is the primary ingredient in many colonoscopy preparations (Golytely) and constipation treatment (Miralax) along with IV medications such as PEGylated medications. It is also in ultrasound gel and injectable steroid injections such as methylprednisolone acetate. Reactions to polyethylene glycol are rare but anaphylaxis has been reported.”

### **Definition of Anaphylaxis:**

Anaphylaxis (say "ann-uh-fuh-LAK-suss") is a severe allergic reaction that affects the entire body (systemic). It can occur within a few seconds or minutes after a person is exposed to a substance (allergen or antigen).

Symptoms and signs of a severe allergic reaction may include:

- Itching
- Raised, red bumps on the skin (hives or wheals)
- Wheezing or difficulty breathing
- Rapid swelling, either in one area or over the entire body. Swelling is most serious when it involves the lips, tongue, mouth, or throat and interferes with breathing
- Belly pain or cramps
- Nausea or vomiting
- Low blood pressure, shock, and unconsciousness

The sooner symptoms occur after exposure to the substance, the more severe the anaphylactic reaction is likely to be. An anaphylactic reaction may occur with the first exposure to an allergen, with every exposure, or after several exposures. An anaphylactic reaction can be life-threatening and is a medical emergency. Emergency care is always needed for an anaphylactic reaction.

### **Additional considerations from the Centers for Disease Control and Prevention (CDC):**

#### **Recent warning about rare blood clotting syndromes, especially for women under 50 years of age:**

- Rare blood clotting syndromes have been observed in the 1-2 weeks following J&J/Janssen COVID-19 vaccination, mostly in women aged 18 to 49. This is characterized by severe or persistent headaches or blurred vision, shortness of breath, chest pain, leg swelling, persistent abdominal pain, and easy bruising or tiny blood spots under the skin beyond the site of the injection. If you experience any of these symptoms, contact your doctor right away.
- If you have a history of blood clots that are not immune-related or are taking certain medications such as birth control or hormones that are associated with blood clots, you can receive the J&J/Janssen COVID-19 Vaccine.
- If you have a history of immune-related blood clots, such as heparin-induced thrombocytopenia, then consult with your doctor.
- At this time, women aged <50 years can receive any FDA-authorized COVID-19 vaccine, including the Pfizer-BioNTech and Moderna mRNA COVID-19 Vaccines.

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