

MHRA: Adrenaline auto-injectors: advice on use

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<https://assets.publishing.service.gov.uk/media/5b644e25ed915d377695c83d/AAI-PDF-v4.pdf>

Key messages for patients:

- ❖ You are recommended to carry two adrenaline auto-injectors with you at all times
- ❖ **Check the expiry date** on your adrenaline auto-injectors.
- ❖ Ask your doctor or nurse to prescribe you **new ones before they expire**. Out-of-date injectors may not work.
- ❖ Inject yourself in the outer thigh at the first signs of a severe allergic reaction.
- ❖ **Every time you use an adrenaline auto-injector:**
 - Call 999, ask for an ambulance and state 'anaphylaxis', **even if you start to feel better**
 - Lie flat with your legs up to keep your blood flowing. However, if you are having difficulty breathing, you may need to sit up to make breathing easier
 - If you are able to, seek help immediately after using your auto-injector. If possible, avoid being on your own while waiting for the ambulance
 - If you still feel unwell after the first injection, use your second injector 5 to 15 minutes after the first.
- ❖ An adrenaline autoinjector is for emergency, on-the-spot treatment of an anaphylactic reaction. Always go to hospital after using an adrenaline autoinjector.
- ❖ If you are in doubt about whether your reaction is severe or not, use your adrenaline auto-injector.



Please access the link above for full guidance from the MHRA

All adrenaline auto-injectors are different.

Please ensure the patient is aware of how to use their own brand of adrenaline auto-injector.

All patients should carry their adrenaline auto-injectors on themselves at all times.

<p>Tick which brand is used.</p>	<p>Before discharge, NICE says to issue a prescription for 2 further adrenaline injectors, with advice to carry the injectors with them at all times. https://www.nice.org.uk/guidance/cg134</p>	
<p><input type="checkbox"/></p>	 <p>Patients can access an expiry alert service and order a free EpiPen Trainer Pen from: http://www.epipen.co.uk/patients/</p>	<p>Training video available here: https://vimeo.com/247451292</p>
<p><input type="checkbox"/></p>	 <p>Patients can access an expiry alert here at this link. https://www.emerade-bausch.co.uk/patient/how-to-use-emerade https://www.emerade-bausch.co.uk/patient/</p>	<p>https://emeradedev.blob.core.windows.net/downloads/Video2.mp4</p>
<p><input type="checkbox"/></p>	 <p>https://jext.co.uk/ https://adults.jext.co.uk/ https://teens.jext.co.uk/ https://kids.jext.co.uk/</p> <p>Register for expiry alerts https://adults.jext.co.uk/resource/ Resources available including app and how to order a trainer pen.</p>	<p>https://youtu.be/luNKHvOPejs</p>