

## Allergy and Immunology Directorate

### Information for Patients

### Use of Adrenaline Autoinjectors in Adults

#### Mild symptoms (very common)

- Itchy skin, rash, tickly throat, facial swelling, lip swelling, mild tongue swelling

**Treatment:** Use antihistamines (chlorphenamine 4-8mg or acrivastine 8mg or cetirizine 10-20mg) as directed

**SEEK MEDICAL HELP IF YOUR SYMPTOMS PERSIST OR GET WORSE**

#### Severe symptoms - TRY TO REMAIN CALM- DON'T PANIC

- **AIRWAY COMPROMISE-** *swelling in the throat, tongue or upper airways (tightening of the throat, hoarse voice, difficulty swallowing)*
- **BREATHING DIFFICULTY-** *sudden onset wheezing, breathing difficulty, noisy breathing*
- **CIRCULATION COMPROMISE-** *dizziness, feeling faint, sudden sleepiness, tiredness, confusion, pale clammy skin, loss of consciousness*

1. If you have Airway compromise or breathing difficulty sit on the floor with your back supported by a wall.

2. If you have circulation compromise lie flat with your legs elevated. Lie on your side if you feel sick or if you are vomiting.

**Treatment: make sure you have your adrenaline autoinjector and phone**

1. If you experience any of the severe symptoms use your adrenaline auto-injector as directed below without delay- hold the device firmly in a clenched fist in the dominant hand.

2. The autoinjector should be administered, even if in doubt

#### Emerade

(300 or 500)

- Remove white shield from the end
- Press the opened end firmly into thigh
- Hold in place for a full 5 seconds
- Massage injection site for a few seconds

[www.emerade-bausch.co.uk](http://www.emerade-bausch.co.uk)

#### Epipen

- Remove blue safety cap
- Hold pen 10cm away from thigh
- Jab orange tip into thigh at right angles to the leg and press hard into thigh
- Hold in place for a full 3 seconds

[www.epipen.co.uk](http://www.epipen.co.uk)

#### Jext

- Remove yellow safety cap
- Place black tip onto side of thigh, at right angles to the leg
- Press hard into thigh until you hear the pen click
- Hold in place for a full 10 seconds then massage injection site for a full 10 seconds

[www.jext.co.uk](http://www.jext.co.uk)

3. If you have a blue inhaler, use it if you feel wheezy or feel tight in your chest

4. Dial 999 immediately. Tell the operator this is anaphylaxis (anna-fill-axis). If you are unable to speak, press 55 on your phone.

5. A second adrenaline auto-injector can be used if symptoms do not improve 5 minutes after the first injection. This should be given into the other thigh.

Please visit the relevant website for further information e.g. obtaining trainer pens, expiry alert service and videos.

For any further queries contact the Allergy and Immunology Department on 0121 4241807 between 09:00 to 17:00 Monday to Friday excluding public holidays.

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### **Our commitment to confidentiality**

We keep personal and clinical information about you to ensure you receive appropriate care and treatment. Everyone working in the NHS has a legal duty to keep information about you confidential.

We will share information with other parts of the NHS to support your healthcare needs, and we will inform your GP of your progress unless you ask us not to. If we need to share information that identifies you with other organisations we will ask for your consent. You can help us by pointing out any information in your records which is wrong or needs updating.

### **Additional Sources of Information:**

Go online and view NHS Choices website for more information about a wide range of health topics <http://www.nhs.uk/Pages/HomePage.aspx>

### **You may want to email our Health Information Centre:**

[Health.Informationcentre@uhb.nhs.uk](mailto:Health.Informationcentre@uhb.nhs.uk).

### **Dear Patient**

We welcome your views on what you thought of this patient information leaflet, also any suggestions on how you feel we can improve through our feedback link below:

- Patient Information Feedback email: [PatientInformation.LeafletFeedback@uhb.nhs.uk](mailto:PatientInformation.LeafletFeedback@uhb.nhs.uk)

If you wish to make any other comments this can be done through the links listed below:

- Patient Opinion: [www.patientopinion.org.uk](http://www.patientopinion.org.uk)
- I want great care: [www.iwantgreatcare.org](http://www.iwantgreatcare.org) (Here you can leave feedback about your doctor)

Be helpful and respectful; think about what people might want to know about our patient information and this hospital and how your experiences might benefit others. Remember your words must be polite and respectful, and you cannot name individuals on the sites.

**If you have any questions you may want to ask about your condition or your treatment or if there is anything you do not understand and you wish to know more about please write them down and your doctor will be more than happy to try and answer them for you.**