



# A guide to...

## Adrenaline Auto Injector

### *Patient Information*

#### Paediatric Department

Watford General Hospital

Hemel Hempstead General Hospital



If you need this leaflet in another language, large print, Braille or audio version,  
please call **01923 217 198** or email [westherts.pals@nhs.net](mailto:westherts.pals@nhs.net)



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# Information for Parents, Children and Young People who have been prescribed an Adrenaline Auto Injector (AAI)

## What is Jext®?

Jext is an automatic adrenaline injector (AAI). This is a 'pen' device which gives a dose of a medicine called Adrenaline into the thigh. This is the medicine needed to treat anaphylaxis, the most severe allergic reaction.

Your doctor will have discussed the pros and cons and specific indications for your child needing the pen. The pen should be **available at all times**, in case your child has an unpredictable allergic reaction.

If your child has a mild or moderate reaction then they will need to be given anti-histamine medication (Cetirizine or Chlorphenamine). But if the reaction is more severe and involves their airway, breathing or circulation, or there is a risk of a more severe reaction, then the Adrenaline Pen must be given.

As part of the allergy planning, a specific **allergy plan** (to the right) will have been given to you which you should also give to your child's school.

**bsaci** **ALLERGY ACTION PLAN** **RCPCH**

This child has the following allergies:

Name: \_\_\_\_\_ DOB: \_\_\_\_\_ Photo: \_\_\_\_\_

**Watch for signs of ANAPHYLAXIS (life-threatening allergic reaction)**  
Anaphylaxis may occur without skin symptoms ALWAYS consider anaphylaxis in someone with known food allergy who has **SUDDEN BREATHING DIFFICULTY**

**AIRWAY**  
 • Persistent cough  
 • Hoarse voice  
 • Difficulty swallowing  
 • Swollen tongue

**BREATHING**  
 • Difficult or noisy breathing  
 • Wheeze or persistent cough

**CONSCIOUSNESS**  
 • Persistent dizziness  
 • Pale or floppy  
 • Suddenly sleepy  
 • Collapse/unconsciousness

**IF ANY ONE (OR MORE) OF THESE SIGNS ABOVE ARE PRESENT:**  
**1 Lie child flat with legs raised** (if breathing is difficult, allow child to sit)  
**2 Use Adrenaline autoinjector without delay** (eg Jext®) (Dose: 0.15 mg)  
**3 Dial 999 for ambulance and say ANAPHYLAXIS (ANA-FIL-AX-IST)**  
**\*\*\* IF IN DOUBT, GIVE ADRENALINE \*\*\***

**AFTER GIVING ADRENALINE:**  
 1 Stay with child until ambulance arrives, do NOT stand child up  
 2 Commence CPR if there are no signs of life  
 3 Phone parent/emergency contact  
 4 If no improvement after 5 minutes, give a further adrenaline dose using a second autoinjectable device, if available

This kit does not treat any other allergic conditions. If there are no medical facilities in hospital, it is recommended after anaphylaxis.

**Mild/moderate reaction:**  
 • Swollen lips, face or eyes  
 • Itchy/tangling mucus  
 • Hives on body/skin rash  
 • Abdominal pain or vomiting  
 • Sudden change in behaviour

**Action to take:**  
 • Stay with the child, call for help if necessary  
 • Locate adrenaline autoinjector(s)  
**Give antihistamine:**  
**CETIRIZINE Emg** (if wheezy, use regular dose)  
 • Phone parent/emergency contact

**Emergency contact details:**  
 1) Name: \_\_\_\_\_  
 2) Phone: \_\_\_\_\_

**Parental consent:** I hereby authorize school staff to administer the medicines listed on this plan, including a 'spare' auto-injector adrenaline autoinjector (AAI) if available, in accordance with Department of Health Guidance on the use of AAI in schools.

Signed: \_\_\_\_\_ Date: \_\_\_\_\_

**How to give Jext®**  
 1 From top around JEXT® SAFETY CAP  
 2 PLACE IN ACH FEMO (upper outer thigh) with or without clothing  
 3 PUSH DOWN HARD until click is heard or 10 seconds  
 4 REMOVE JEXT® Manage reaction site for 10 minutes

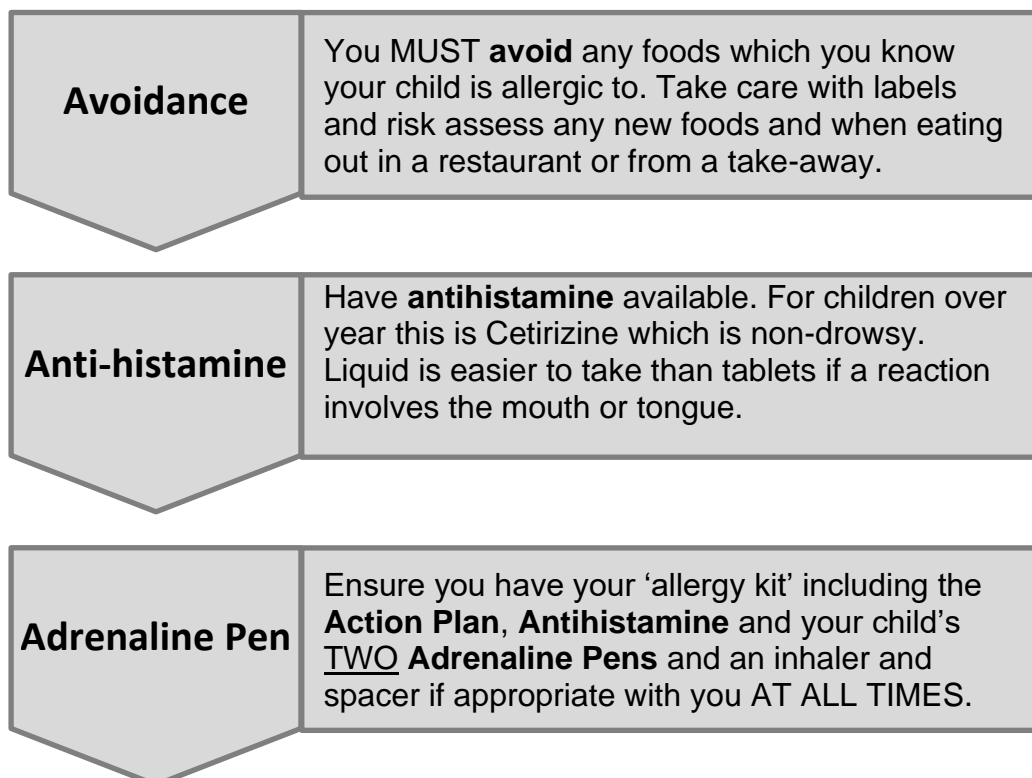
**Additional instructions:**  
 If wheezy, GIVE ADRENALINE FIRST, then asthma inhaler (blue puffer) via spacer

For more information about managing anaphylaxis in schools and 'spare' back-up adrenaline autoinjectors, visit [spareinjectors.co.uk](http://spareinjectors.co.uk)

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 01923 217 248

Copy for: Parents  GP  Notes  Comm Nurses

## Generally allergy is managed by:



## Your Jext Pen

There are two types of Jext pen – **Jext 150** for a younger child and **Jext 300** for an older child. Both contain the same drug, but in different doses.

**Jext 150 is yellow**

**It contains 300 micrograms**

For children weighing 15kg-30kg



**Jext 300 is red**

**It contains 300 micrograms**

For children weighing over 30kg



Further information can be found in different languages at: <http://www.jext.co.uk>

## Expiry Alert Service

Sign up for the **Expiry Alert Service** and receive free reminders by text or email when your Jext is about to expire. <https://kids.jext.co.uk/mini-modules/dont-forget-to-register-for-your-free-expiry-alert/>. If you have more than one pen with the same expiry date then you only need to sign up once. If your pens have different expiry dates, you should register each pen. Use the QR code opposite.



## One pen or two?

A number of important medication authorities and health agencies have reviewed the evidence around using adrenaline auto-injectors to treat a severe allergic reaction. The consistent recommendation is that patients who have been prescribed an auto-injector **should carry two in-date adrenaline pens at all times**; however, normally only one auto-injector is required for self-administration during a reaction. The reason for two pens includes the device failing in some way when used (this is extremely rare), the person using it incorrectly so the dose is wasted (this is more common and is why training is very important) or some people need an extra dose of adrenaline when they have a severe reaction (this is less common too).

The local Health Board produced guidance about the prescribing of adrenaline pens by GPs. This means that your child's school or nursery may be asked to provide an additional pen as well as the one (or two) your child carries. See the 'Spare Pens in Schools' link below.

There is a free Jext app from the company who make the pens. You can download it by scanning the relevant codes at this link: Also available in other languages.

iPhone

Android



Scan Here

Scan Here

## Further information about allergies

Allergy UK is a UK charity dedicated to allergy

[www.allergyUK.org](http://www.allergyUK.org)

The Anaphylaxis Campaign

[www.anaphylaxis.org.uk/](http://www.anaphylaxis.org.uk/)

Spare Pens in Schools

[www.sparepensinschools.uk/](http://www.sparepensinschools.uk/)