



## Patient Information Leaflet: Adrenaline Auto-Injectors

### What has changed?

Updated national guidance (released by Medicines and Healthcare products Regulatory Agency in August 2017) and local guidance now advises **GPs to prescribe each patient TWO adrenaline auto-injectors (or pens), which should be kept by the patient at all times.**



### Why is this important for the patient?

A severe allergic reaction (also known as anaphylaxis) can occur at any time during the day i.e. on the bus when travelling to and from school or even when going about everyday tasks. Patients (including children) should be keeping **TWO** adrenaline pens with them throughout the day so that they have quick access to vital and potentially life-saving medication. **There is no requirement for your GP to prescribe more than two adrenaline pens.**

### How would this work for young children & adults who require extra support?

For these patients, the carer who will be in close proximity to the child at that time should be aware of where the patient's adrenaline pens are kept in the case of an emergency.

Currently there are three different adrenaline pens available that your doctor can prescribe; Epipen<sup>®</sup>, Jext<sup>®</sup> and Emerade<sup>®</sup>. All patients and carers should be trained on how to use the adrenaline pens that has been issued by the doctor.

In addition, new legislation, which will be in effective as of 1<sup>st</sup> October 2017, will allow schools in the UK to purchase and stock adrenaline auto-injectors for use in emergencies at their discretion. Should you have any questions around this, please speak to the school directly.

### How can patients carry adrenaline pens with them?

Adrenaline pens can be safely carried in pouch bags, which have the space to hold two pens. These can be readily purchased online or available through some pharmacies. Please speak to your local pharmacist for further advice.

**Please note, always ring 999 immediately for an ambulance at the first signs of an individual having an anaphylactic reaction saying “anaphylaxis” even if the patient starts to feel better.**

**For further advice or training, please speak to your healthcare professional.**

Training videos on adrenaline auto-injectors can be found at-  
Epipen<sup>®</sup>: <http://www.epipen.co.uk/patients/demonstrationvideo/>  
Jext<sup>®</sup>: <https://www.youtube.com/watch?v=jJNrIBksvWk>  
Emerade<sup>®</sup>: <https://www.youtube.com/watch?v=G7PUstq9Is>

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