

# MHRA

## Drug Safety Update

### June 2023



### Adrenaline auto-injectors (AAIs): new guidance and resources for safe use

#### Resources for the safe use of adrenaline auto-injectors (AAIs)

On 19 June 2023, the MHRA, with the support of allergy awareness advocates, launched a [safety campaign to raise awareness of anaphylaxis and provide advice on the use of adrenaline auto-injectors \(AAIs\)](#).

The launch coincided with the World Allergy Week, an annual initiative led by the World Allergy Organisation.

A toolkit of resources is now available for health and social care professionals to support the safe and effective use of AAIs.

The resources are freely available for download from the MHRA's guidance page on [Adrenaline Auto-Injectors \(AAIs\)](#) and include:

- [Infographic about the correct use of your AAI](#) – see [Welsh version](#)
- [Video about the correct use of your AAI](#) – see [Welsh version](#)

#### Advice for healthcare professionals:

- Use the materials to inform patients and caregivers what to do if they suspect anaphylaxis and how to use adrenaline auto-injectors (AAIs)
- Prescribers should prescribe 2 AAIs to make sure patients always have a backup
- Talk to your colleagues about the safe use of AAIs and the signs of anaphylaxis using the mnemonic A, B, C for Airway, Breathing and Circulation.
- Report any suspected defective AAIs to the [Yellow Card scheme](#). Keep defective AAIs for investigation. Your report improves the safety of medicines and medical devices.

#### Advice for healthcare professionals to provide to patients and carers:

- Adrenaline auto-injectors (AAIs) should be used without delay if anaphylaxis is suspected, even if in doubt about the severity of the event
- Signs may include swelling in the throat or tongue, wheezing or breathing difficulty, dizziness, tiredness and confusion
- Immediately dial 999 to summon emergency medical help after administering adrenaline; say anaphylaxis (“ana-fill-axis”)
- If you are not already lying down, lie down flat and raise your legs (if you're pregnant, lie on your left side); this will assist blood flow to the heart and vital organs
- Stay lying down even if you feel better
- If you struggle to breathe, you can gently sit up - don't change position suddenly; you should then lie down again as soon as you can
- Do not stand up even if someone encourages you to
- Use your second AAI if you haven't improved after 5 minutes
- You should always carry 2 AAIs at all times; check the expiry dates and see a pharmacist if you need a replacement
- Report any suspected defective AAIs to the Yellow Card scheme. Keep defective AAIs for investigation. Your report improves the safety of medicines and medical device