



Patient Information Leaflet: Adrenaline Auto-Injectors

National and local guidance advises **GPs to prescribe each patient TWO adrenaline auto-injectors (or pens), which patients should carry with them at all times.** This guidance can be accessed via the following links:

- <https://www.gov.uk/drug-safety-update/adrenaline-auto-injectors-updated-advice-after-european-review>

Why is this important?

A severe allergic reaction (also known as anaphylaxis) can occur at any time during the day, e.g. on the bus when travelling to and from school. Patients (including children) should carry **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 can I carry adrenaline pens with me?

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

How would this work for young children and older children or adults who require extra support?

For young children and older children or adults who require extra support, the carer/support worker who is responsible for that person at that time should be aware of where their adrenaline pens are kept in the case of an emergency. For example, the parent of a young child at primary school could hand over a pouch containing the child's adrenaline pens to their teacher as they arrive at school and the teacher returns this to the parent at the end of school.

In addition, legislation allow schools in the UK to purchase and stock adrenaline pens for use in emergencies at their discretion. The stock of these pens does **not** remove the need for children to have their two pens with them at all times. Should you have any questions about this, please speak to the school directly.

Currently there are three different adrenaline pens available that can be prescribed: Epipen®, Jext® and Emerade®. All patients and carers should be trained on how to use the brand of adrenaline pen that has been prescribed.

What about replacement adrenaline pens?

It is important that you check the expiry date of your adrenaline pens and ask your GP practice to prescribe you new ones before they expire. Out-of-date adrenaline pens may not work.

Please note, always ring 999 immediately for an ambulance at the first signs of an individual having an anaphylactic reaction stating “anaphylaxis” even if the person starts to feel better. Further information can be found at the following website:

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

For further advice or training, please speak to your healthcare professional. Community pharmacists can show you how to use adrenaline pens. Alternatively, the following are links to training videos:

- Epipen®: <http://www.epipen.co.uk/patients/demonstrationvideo/>
- Jext®: <https://www.youtube.com/watch?v=jJNrIBksvWk>
- Emerade®: <https://www.youtube.com/watch?v=G7PUstg9ls>

Version	1.0
Developed by	East Lancashire & Blackburn with Darwen CCGs Medicines Management Teams
Date ratified	
Review date	July 2022
With thanks to	Herts Valleys CCG