



# A guide to...

## Adrenaline Auto Injector (AAI) - JEXT

### Patient information

#### How to contact us

Children's Services - Allergy Dept  
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Tel: 01923 4367246

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 you 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 AllergyUK

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**.

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

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

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

**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 (no 'test') (Dose: 0.15 mg)

3 Dial 999 for ambulance and say ANAPHYLAXIS (ANA-PIL-AK-95)

**\*\*\* IF IN DOUBT, GIVE ADRENALINE \*\*\***

**Mild/moderate reaction:**  
• Itchy lips, face or eyes  
• Itchy/stinging mouth  
• Hives or itchy 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 5mg** (if available, see repeat dose)  
• Phone parent/emergency contact

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

**Parental consent:** I hereby authorize school staff to administer the medication listed on this plan, including 'spice' and/or 'other medications' (if available) in accordance with Department of Health Guidance on the use of AAI in schools.

Signature: \_\_\_\_\_  
Print name: \_\_\_\_\_  
Date: \_\_\_\_\_

**How to give Jext®**

1 Form fit around AAI and P.A.L. OFF YELLOW SAFETY CAP

2 PLACE BLACK END against outer thigh (left or right leg)

3 PUSH DOWN HARD until a click is heard or be secured in place for 10 seconds

4 REMOVE AAI. Massage injection site for 10 seconds

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

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

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Phone: **01923 217 248** Date: **23-May-2019**

Copy for: Parents  GP  Notes  Comm Nurses

Generally allergy is managed by:

<b>Avoidance</b>	You MUST <b>avoid</b> any foods which you know your child is allergic to. Take care with labels and risk assess any new foods and when eating out in a restaurant or from a take-away.
<b>Anti-histamine</b>	Have <b>anti-histamine</b> available. For children over 1 year this is Cetirizine which is non-drowsy. Liquid is easier to take than tablets if a reaction involves the mouth or tongue.
<b>Adrenaline Pen</b>	Ensure you have your 'allergy kit' including the <b>Action Plan</b> , <b>Antihistamine</b> and your child's <b>TWO Adrenaline Pens</b> and an inhaler and spacer if appropriate with you <b>AT ALL TIMES</b> .

## Your Jext Pen

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

**Jext 300 is red**

**It contains 300 micrograms**

For children weighing over 30kg



**Jext 150 is yellow**

**It contains 300 micrograms**

For children weighing between 15kg-30kg

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

Jext®: Plan działania  
Jext®: Plan de acțiune  
Jext®: خطة العمل  
Jext®: Plano de ação  
Jext®: منصوبه

## 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. <http://www.jext.co.uk/jext-expiry-alert-service.aspx> 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.

## 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 (Hearts Valleys Clinical Commissioning Group) have produced guidance about the prescribing of adrenaline pens by GPs. This is available here: <https://tinyurl.com/HVCCG-AAI-Info>. 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



Scan Here



Scan Here

## Further information about allergies

Allergy UK is a UK charity dedicated to allergy  
The Anaphylaxis Campaign  
Spare Pens in Schools

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

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