

Adrenaline auto-injectors

MHRA Advice on the correct use of adrenaline auto-injectors March 2023 update:
[17002885 The correct use of your Adrenaline Auto-Injector AAI CC V10.pdf](https://www.gov.uk/government/publications/the-correct-use-of-your-adrenaline-auto-injector)



Key messages for patients:

- ❖ You are recommended to carry two adrenaline auto-injectors with you at all times
- ❖ **Check the expiry date** on your adrenaline auto-injectors.
- ❖ Ask your doctor or nurse to prescribe you **new ones before they expire**. Out-of-date injectors may not work.
- ❖ Inject yourself in the outer thigh at the first signs of a severe allergic reaction.

Every time you use an adrenaline auto-injector:

- Call 999, ask for an ambulance and state 'anaphylaxis', **even if you start to feel better**
- Lie flat with your legs up to keep your blood flowing. However, if you are having difficulty breathing, you may need to sit up to make breathing easier
- If you are able to, seek help immediately after using your auto-injector. If possible, avoid being on your own while waiting for the ambulance
- If you still feel unwell after the first injection, use your second injector 5 to 15 minutes after the first.

An adrenaline autoinjector is for emergency, on-the-spot treatment of an anaphylactic reaction.

Always go to hospital after using an adrenaline autoinjector.

If you are in doubt about whether your reaction is severe or not, use your adrenaline auto-injector.

Please access the link above for full guidance from the MHRA or use the QR code at the top of the page.

All adrenaline auto-injectors are different.

Please ensure the patient is aware of how to use their own brand of adrenaline auto-injector.

All patients should carry their adrenaline auto-injectors on themselves at all times.

<input checked="" type="checkbox"/>	Before discharge, NICE says to issue a prescription for 2 further adrenaline injectors, with advice to carry the injectors with them at all times. https://www.nice.org.uk/guidance/cg134 https://www.gov.uk/drug-safety-update/adrenaline-auto-injectors-reminder-for-prescribers-to-support-safe-and-effective-use?utm_source=e-shot&utm_medium=email&utm_campaign=DSU_November2021Main2		
<input type="checkbox"/>		<p>Patients can access an expiry alert service and order a free EpiPen Trainer Pen from:</p> <p>http://www.epipen.co.uk/patients/</p>	<p>Training video available here:</p> <p>How To Use: Administering Your EpiPen EpiPen®</p> 
<input type="checkbox"/>		<p>https://jext.co.uk/</p> <p>https://adults.jext.co.uk/</p> <p>https://teens.jext.co.uk/</p> <p>https://kids.jext.co.uk/</p> <p>Register for expiry alerts</p> <p>https://adults.jext.co.uk/resource/</p> <p>Resources available including app and how to order a trainer pen.</p>	<p>https://youtu.be/luNKHvOPejs</p> 

May 2023: Emerade devices have been recalled due to the potential for device failure

National Patient Safety Alert: Class 1 Medicines Recall Notification

January 2026: Please note - Emerade has now been discontinued, see [Discontinuation of Emerade Pens - SPS - Medicines Supply Tool January 2026](#) for guidance, log in is required.

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