



# The correct use of your Adrenaline Auto-Injector (AAI)

## Recognise the signs of anaphylaxis



➔ **Swelling in the throat, tongue or upper airways.**  
*(Tightening of the throat, hoarse voice, difficulty swallowing).*



➔ **Sudden onset wheezing, breathing difficulty, noisy breathing.**



➔ **Dizziness, feeling faint, sudden sleepiness, tiredness, confusion, pale clammy skin, loss of consciousness.**

## Don't delay



**If you have any signs of anaphylaxis, use your AAI immediately. If in doubt, use it. Don't delay. Then dial 999 straight away.**

## What to do in an emergency



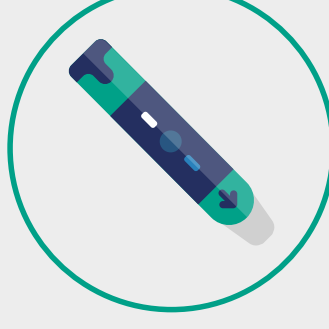
**Use your AAI without delay.**



**Immediately dial 999**  
say anaphylaxis. (*"ana-fill-axis"*)



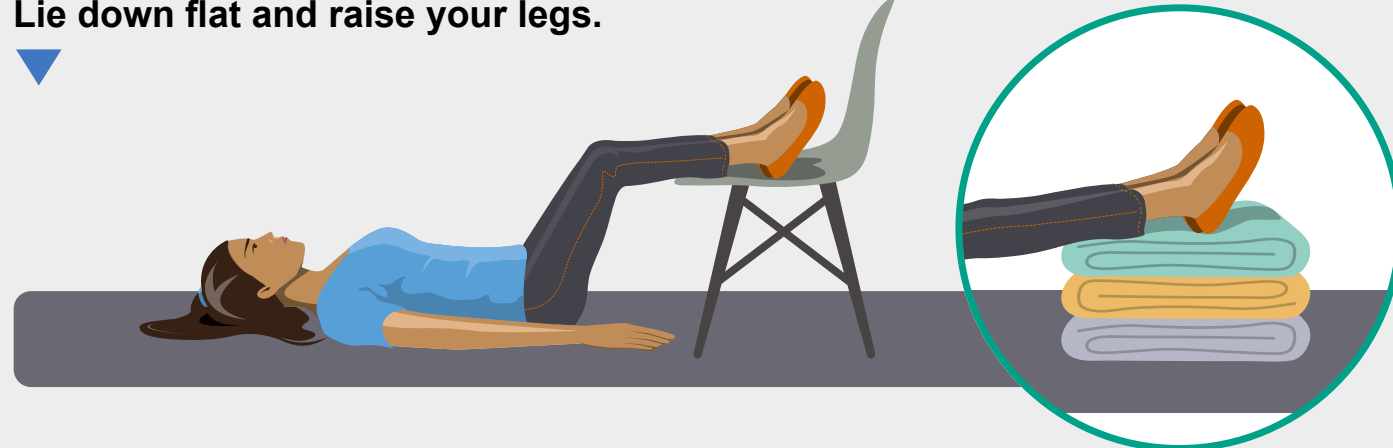
**If you are not already lying down, then do so.** *(see positioning below)*



**Use your second AAI if you haven't improved after 5 minutes.**

## Correct positioning

**Lie down flat and raise your legs.**



**If pregnant, lie down on left side.**

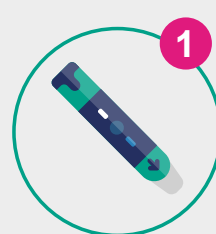


**Don't stand up. Stay lying down even if you are feeling better.**

**Prop yourself up if you are struggling to breathe but don't change position suddenly. Lie down again as soon as you can.**



## Be prepared



**1** There are 3 different types of AAI. Know how to use yours.



**2** Follow the instructions.



**3** Always carry 2 in-date AAI's with you.



**4** Check the expiry dates regularly and replace AAI's before they expire.

## Report a problem/fault

**Report any suspected defective AAI's to the MHRA Yellow Card scheme. Keep defective AAI's for investigation.**

