

ANAPHYLAXIS ACTION PLAN

For use with Jext® adrenaline autoinjectors

Name:

DOB:

Allergens (if known):

Emergency contact:

Plan prepared by:

Dr

Date

ANAPHYLAXIS (SEVERE ALLERGIC REACTION)

ANY ONE OF THESE SYMPTOMS:

- AIRWAY:**
- Swelling of tongue
 - Swelling/tightness in throat
 - Difficulty talking/hoarse voice
- BREATHING:**
- Difficult/noisy breathing
 - Wheeze or persistent cough
- CIRCULATION:**
- Persistent dizziness or collapse
 - Loss of consciousness

How to give Jext®

1,

Hold Jext in dominant hand



2,

Remove yellow cap.



3,

Place black tip against outer thigh, then push injector firmly into thigh until it clicks and hold for 10 seconds.



4,

Massage injection area



ACTION PLAN

- Lie flat** with your feet up until help arrives. If breathing is difficult you can sit, but do not stand or walk.
- Call 999** for an ambulance* and say you are having anaphylaxis ("ana-fil-ax-is").
- Use your Jext®.**
- If there is no improvement over 5 minutes use your second Jext®.

If in doubt, use your Jext®

*You can dial 999 from any phone, even if there is no credit left on a mobile phone.
Medical observation in hospital is recommended after anaphylaxis

For more information on anaphylaxis visit:



Keep your Jext® at room temperature and away from direct sunlight. For more information on your Jext® and to register for a free Expiry Alert Service visit www.jext.co.uk

MILD TO MODERATE ALLERGIC REACTION

- Swelling of lips, face, or eyes
- Tingling mouth
- Hives or welts
- Abdominal pain/vomiting

ACTION PLAN

- Locate your Jext®
- Take antihistamines as prescribed:
- Phone family/emergency contact
- Watch for worsening symptoms**