



As well as providing clinical care, our Trust has an important role in research. This allows us to discover new and improved ways of treating patients.

While under our care, you may be invited to take part in research. To find out more please visit: [www.uhbw.nhs.uk](http://www.uhbw.nhs.uk)

Help us prevent the spread of infection in hospital. Please make sure your hands are clean. Wash and dry them thoroughly/use the gel provided. If you have been unwell in the last 48 hours please consider whether your visit is essential.

Smoking is the primary cause of preventable illness and premature death. For support in stopping smoking contact **NHS Smokefree on 0300 123 1044.**

Drinkline is the national alcohol helpline. If you're worried about your own or someone else's drinking, you can call this free helpline in complete confidence. **Drinkline on 0300 123 1110.**

For access all patient leaflets and information please go to the following address:  
<http://foi.avon.nhs.uk/>

**Bristol switchboard: 0117 923 0000**

**Weston switchboard: 0193 463 6363**

**[www.uhbw.nhs.uk](http://www.uhbw.nhs.uk)**



For an interpreter or signer please contact the telephone number on your appointment letter.



For this leaflet in large print or PDF format, please email [patientleaflets@uhbw.nhs.uk](mailto:patientleaflets@uhbw.nhs.uk).



Adrenaline auto-injector devices (AIs) are prescribed to people with allergies who are at risk of having a severe allergic reaction (known as 'anaphylaxis'). AIs are prescription only medicines.

The dose of adrenaline required is dependent on the age and weight of the person and will be prescribed by your doctor or nurse.

## Notes

school or nursery. Oral antihistamines should be given to your child at the beginning of a reaction unless the reaction is very severe.

Having family, friends and teachers that also know how and when to give the AAI device is important. Your child's school should already be trained on how each device is used. Most nurseries are also familiar with adrenaline autoinjectors. Secondary school aged children should have their mobile phone set up with their emergency medical information details.

**Always keep your adrenaline autoinjector with your child, and always call an ambulance if they have used it.**

Adrenaline is a short-acting drug and the effects will wear off quite quickly. It is very likely that further treatment will be required. All patients receiving emergency adrenaline should immediately be taken to hospital. Dial 999 and inform them that your child is suffering from anaphylaxis.

## Contact

Any questions, please contact the allergy nurse specialists on:

**0117 342 8248** or email [ChildrensAllergy@uhbw.nhs.uk](mailto:ChildrensAllergy@uhbw.nhs.uk)

## Who should be prescribed an AAI?

When determining whether to prescribe you with an adrenaline auto injector device, your child's allergy doctor or nurse will take an allergy-focussed history to determine their individual risk based on several factors. Children and young people can be divided into three groups.

### 1. Children and young people are likely to require an AAI if:

- they have asthma requiring year-round treatment with inhaled preventer medications (such as Clenil, Flixotide, Symbicort or Seretide)
- they have had a previous severe allergic reaction involving difficulty in breathing or floppiness/collapse
- they have had a previous severe generalised reaction after eating trace amounts of the food

### 2. Children and young people who should consider an AAI include:

- teenagers, as they are the group of individuals most prone to risk-taking behaviours
- individuals who live in a rural location or who engage in activities which isolate them from emergency healthcare services (such as sailing, mountain walking)

### 3. Children and young people are not routinely prescribed an AAI if:

- they do not have asthma requiring year-round treatment with inhaled preventer medications (such as Clenil, Flixotide,

Symbicort or Seretide)

- they have never had a previous severe allergic reaction involving difficulty in breathing or floppiness/collapse
- they have food allergies which are likely to resolve (such as some young children with milk or egg allergies)

## How many AAIs should my child be prescribed?

If your child has been prescribed an AAI, you must ensure that they have it available at all times.

We recommend that two AAIs should be prescribed if indicated by the risk assessment. In general, it is expected that these AAIs should follow the child in all settings (along with the other medications indicated in their allergy management plan such as antihistamines and salbutamol inhalers).

Families often request more AAIs for other childcare settings (e.g. nurseries) and schools. Prescriptions of additional AAIs are at the discretion of the patient's GP. However, the allergy team recommends that:

- For infants and primary school aged children - no more than one further additional AAI in recognition of regulatory changes in 2017 that allows all schools to buy AAI devices without a prescription. (A total of three devices)
- Secondary school aged children should keep both their devices on their person at all times, including when they are in school. (A total of two devices)

## How should the AAI be used?

Your allergy doctor or nurse should discuss how to recognise the signs and symptoms of an allergic reaction, together with when and how to use the adrenaline auto injector device. There are three types of adrenaline auto injectors available in the UK.

Each device is different so it is essential that you have been shown how to use your device. All three devices have training websites with demonstration videos so that you can remain updated. They will also send you a free dummy device so that you are able to practice using the device at home.

To watch the demonstrational video, please visit the corresponding manufactures website below

Emerade

[www.emerade-bausch.co.uk](http://www.emerade-bausch.co.uk)

Epipen

[www.epipen.co.uk](http://www.epipen.co.uk)

Jext

[www.jext.co.uk](http://www.jext.co.uk)

## Allergy action plans

All of our patients should have been issued an allergy action plan which explains how your child should be managed during an allergic reaction. Please contact the allergy nurse specialists if you have not received an allergy action plan.

The allergy action plan should be kept at home in an easily visible place. A copy of this should also be given to your child's