

Looking after your child's adrenaline auto injector

Information for patients, parents and guardians

Your child's doctor has prescribed an adrenaline auto injector device as part of your child's allergy first aid kit. It is important that your child and your family know exactly how and when to use this device.

You will have already had some training from the nurse in clinic. This factsheet will give you more information on the care of your child's adrenaline auto injector. We hope it will help to answer some of the questions you may have. If you have any further questions or concerns, please speak to a member of our allergy team.

Protect your child's adrenaline auto injector

Store it out of direct sunlight

Keep the adrenaline auto injector in its light protective container. When it is exposed to light, the adrenaline deteriorates very quickly and will not work as well.

Avoid extreme temperatures

When exposed to extreme temperatures, adrenaline will deteriorate. Bags are available to help keep the medication at the correct temperature.

- Do not store above 25°C
- Do not put in the fridge or the freezer
- Do not leave in a hot car

Check the window in the auto injector

Make sure the liquid is clear and there are no bits floating in it. Adrenaline will turn a brown or pink colour if it has deteriorated.

Check the expiry date

The adrenaline auto injector has an expiry date and the medicine will be less effective after that time. We suggest that you:

- check that your child's auto injectors are in date at the beginning of each school term and before you travel abroad
- ask for new auto injectors from your child's GP before the old ones are out of date
- remind yourself of the expiry date, mark your calendar or register your child's device with the manufacturer for an expiry alert

Auto injector training device

Trainer devices are an easy way to teach people how to give adrenaline in an emergency. We recommend that you get a trainer device (if we have not already given you one).

Please keep the trainer device separate from your child's emergency medication.

Videos about how to use your child's adrenaline auto injector can be found on the company websites below:

- www.epipen.co.uk
- www.jext.co.uk
- www.emerade-bausch.co.uk

Practice

We suggest that you regularly practice what you would do if your child or another family member had a serious allergic reaction. You could use the training device at the start of each school term.

You and your child should be sure not only about how to use the auto injector, but also when to use it.

Disposal of adrenaline auto injectors

It is important that you safely dispose of adrenaline auto injectors when they are out of date. Take them to your GP's surgery, the pharmacy or your local hospital.

Remember to take used adrenaline auto injectors with you to the emergency department at your local hospital, where they can be safely thrown away.

Be prepared

Strict avoidance of the allergen helps to prevent allergic reactions.

Carry your child's first aid kit at all times. This should contain:

- the allergy action plan
- antihistamine
- adrenaline auto injector
- salbutamol inhaler (if prescribed)

Make sure your child's family, friends, school and workplace know what to do if your child has an allergic reaction. Most accidents happen away from home.

Contact us

Please contact our children's allergy team if:

- you need training for a member of your immediate family or a carer
- you have had to use the adrenaline auto injector for an allergic reaction
- you have had an accident or a problem using the adrenaline auto injector
- you have any questions or concerns

Outpatient's appointments

Telephone: **023 8120 4075**

Team administrator

Telephone: **023 8120 4335**

Day ward

Telephone: **023 8120 4511**

Email: childrensallergy@uhs.nhs.uk

Website: www.uhs.nhs.uk/childrensallergy

For a translation of this document, or a version in another format such as easy read, large print, Braille or audio, please telephone **023 8120 4688**.

For help preparing for your visit, arranging an interpreter or accessing the hospital please visit www.uhs.nhs.uk/additionalneeds

www.uhs.nhs.uk/childrenshospital

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