

ANAPHYLAXIS ACTION PLAN

For use with Jext[®] adrenaline autoinjectors

Name:
DOB:
Allergens (if known):

Emergency contact:
Plan prepared by:
Date:

ANAPHYLAXIS (SEVERE ALLERGIC REACTION)


ANY ONE OF THESE SYMPTOMS*:

- AIRWAY**
- Swelling/tightness in throat
 - Difficulty talking/hoarse voice
 - Tongue Swelling causing difficulty in breathing or swallowing
- BREATHING:**
- Difficult/noisy breathing
 - Wheeze or persistent cough
- CIRCULATION:**
- Persistent dizziness or Fainting
 - Collapse/Loss of consciousness

* **Sudden onset of Abdominal Pain and/or Vomiting** can be sign of a severe reaction **for venom allergy.**

Individual instructions (if any):

Jext[®]: Instructions For Use

-  Grasp the Jext[®] injector in your dominant hand (the one you use to write with) with your thumb closest to the yellow cap.
-  Pull off the yellow cap with your other hand.
-  Place the black injector tip against your outer thigh, holding the injector at a right angle (approx 90°) to the thigh.
-  Push the black tip firmly into your outer thigh until you hear a 'click' confirming the injection has started, then keep it pushed in. Hold the injector firmly in place against the thigh for 10 seconds (a slow count to 10) then remove. The black tip will extend automatically and hide the needle.
-  Massage the injection area for 10 seconds. Seek immediate medical help.

For more information on anaphylaxis visit:








www.anaphylaxis.org.uk

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 <https://jext.co.uk>

Note: If Adrenaline is accidentally injected (e.g. into a thumb), seek urgently medical attention.

ACTION PLAN

1. Use your Jext without delay. 
 2. Call 999 for ambulance* and say anaphylaxis ("ana-fil-ax-is").
   
 3. Keep lying flat with your feet up. If breathing is difficult you can sit. Do not stand or walk. If pregnant, lie on left side.
 4. Call emergency contact.
 5. Use a second Jext[®], if there is no improvement over 5 minutes and ambulance has not arrived.
- **If in doubt, use your Jext[®].**
 - Always use Jext[®] first, and then asthma reliever (if asthma reliever available), even if sudden breathing difficulty is the only problem.
 - -Supporting individual: Commence CPR at any time if person is unresponsive
 - *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.

MILD TO MODERATE ALLERGIC REACTION

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

ACTION PLAN

1. Locate your Jext[®].
 2. Take antihistamines as advised:
 3. Call emergency contact.
- **Watch for worsening and/or new symptoms.**
 - **If in doubt, use your Jext[®].**