

Prescribing Tip No. 181 Date: 2<sup>nd</sup> November 2017

### [MHRA Guidance - Adrenaline auto-injectors: updated advice after European review](#)

The European Medicines Agency (EMA) has completed a [review of all adrenaline auto-injectors](#) approved in the EU. Following this, the MHRA produced a Drug Safety Update with the following guidance:

It is recommended that **two** adrenaline auto-injectors are prescribed, which patients should carry at all times.

#### Advice to give to people with allergies and their carers:

- It is recommended that you carry **two** adrenaline auto-injectors at all times; this is particularly important for people who also have allergic asthma because they are at increased risk of a severe anaphylactic reaction;
- Use the adrenaline auto-injector at the first signs of a severe allergic reaction;
- Take the following actions immediately after every use of an adrenaline auto-injector:
  1. Call 999, ask for an ambulance and state “anaphylaxis”, even if symptoms are improving
  2. Lie flat with legs raised to maintain blood flow. However, if you have breathing difficulties, you may need to sit up to make breathing easier
  3. Seek help immediately after using the auto-injector and if at all possible make sure someone stays with you while waiting for the ambulance
  4. If you do not start to feel better, use the second auto-injector 5–15 minutes after the first one
- Check the expiry date of the adrenaline auto-injectors and obtain replacements before they expire; expired injectors will be less effective.

**If you prescribe adrenaline auto-injectors, you should ensure that the patient or carer thoroughly understands the indications and use of the device and you should review with the patient and their carers the instructions and operation of the adrenaline auto-injector. There is an updated [advice sheet to give to patients and carers](#).**

The table below provides links to the patient information leaflets and educational material for all adrenaline auto-injectors licenced in the UK. Manufacturer websites can be used to order trainer devices and to sign up for expiry alert services.

Product name	Patient information leaflet	Educational material produced by the manufacturer
Emerade 150 µg, 300 µg, and 500 µg solution for injection in pre-filled pen	<a href="#">Emerade adrenaline auto-injectors</a>	Emerade <a href="#">patient brochure</a> and <a href="#">instruction video</a>
EpiPen 0.3 mg and EpiPen Jr. 0.15 mg adrenaline (epinephrine) auto-injector	<a href="#">EpiPen</a> and <a href="#">EpiPen Jr</a> auto-injectors	EpiPen <a href="#">user guide</a> and <a href="#">instruction video</a>
Jext 150 µg and Jext 300 µg solution for injection in pre-filled pen	<a href="#">Jext pre-filled pens</a>	Jext <a href="#">instructions for use</a> and <a href="#">instruction video</a>

Reference: Drug Safety Update volume 11 issue 1, August 2017: 3 accessed at <https://www.gov.uk/drug-safety-update/adrenaline-auto-injectors-updated-advice-after-european-review> on 22.9.17

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