

Medicines Optimisation

Prescribing Memo

Adrenaline auto-injectors: advice on use from MHRA

Date: 31st July 2014

Memo Number: 15/14

Main points

In May 2014 the MHRA issued guidance on the use of adrenaline auto-injectors, with the following Key Messages for patients:

- Carry **two** adrenaline auto-injectors with you at all times.
- Inject yourself in the outer thigh at the first signs of a severe allergic reaction.
- Every time you use an adrenaline auto-injector:
- Call 999, ask for an ambulance and state 'anaphylaxis', even if you start to feel better.
- Lie flat with your legs up to keep your blood flowing.
- If possible, seek help immediately after using your auto-injector and stay with someone while waiting for the ambulance.
- If you still feel unwell after the first injection, use your second injector 5 to 15 minutes after the first.
- An adrenaline auto injector is for emergency, on the spot treatment of an anaphylactic reaction. Always go to hospital after using an adrenaline auto-injector.

Prescribers are reminded that patients will require two auto-injectors to enable them to follow this advice.

In light of this, it is recommended that prescribers review their patients to ensure this requirement is met.

Useful links:

The MHRA guidance can be found here:

<http://www.mhra.gov.uk/Safetyinformation/Generalsafetyinformationandadvice/Product-specificinformationandadvice/Product-specificinformationandadvice-A-F/Adrenalineauto-injectorsareviewofclinicalandqualityconsiderations/index.htm>

MHRA patient information leaflet can be found here:

<http://www.mhra.gov.uk/home/groups/dsu/documents/publication/con418524.pdf>