



The correct use of your Adrenaline Auto-Injector (AAI)

Recognise the signs of anaphylaxis



➔ **Swelling in the throat, tongue or upper airways.**
(Tightening of the throat, hoarse voice, difficulty swallowing).



➔ **Sudden onset wheezing, breathing difficulty, noisy breathing.**



➔ **Dizziness, feeling faint, sudden sleepiness, tiredness, confusion, pale clammy skin, loss of consciousness.**

Don't delay



If you have any signs of anaphylaxis, use your AAI immediately. If in doubt, use it. Don't delay. Then dial 999 straight away.

What to do in an emergency



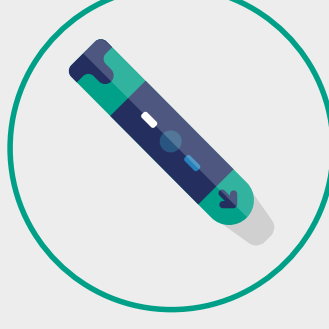
Use your AAI without delay.



Immediately dial 999
say anaphylaxis. (*"ana-fill-axis"*)



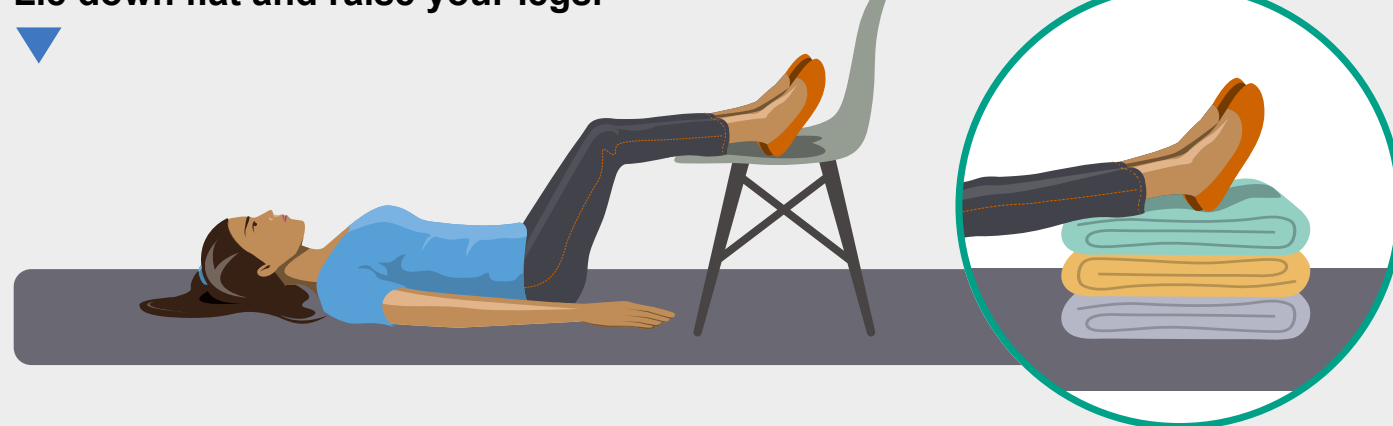
If you are not already lying down, then do so. *(see positioning below)*



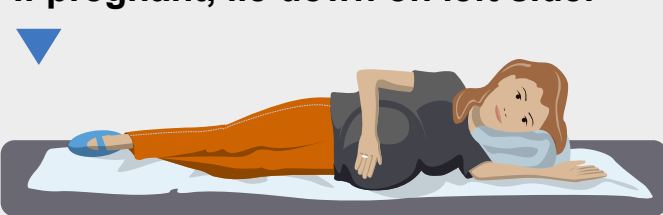
Use your second AAI if you haven't improved after 5 minutes.

Correct positioning

Lie down flat and raise your legs.



If pregnant, lie down on left side.

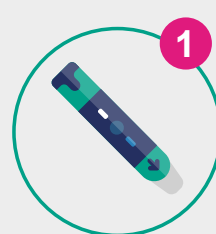


Don't stand up. Stay lying down even if you are feeling better.

Prop yourself up if you are struggling to breathe but don't change position suddenly. Lie down again as soon as you can.



Be prepared



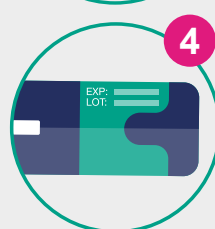
1 There are 3 different types of AAI. Know how to use yours.



2 Follow the instructions.



3 Always carry 2 in-date AAI's with you.



4 Check the expiry dates regularly and replace AAI's before they expire.

Report a problem/fault

Report any suspected defective AAI's to the MHRA Yellow Card scheme. Keep defective AAI's for investigation.

