

USEFUL ORGANISATIONS

Children's and Young People's Allergy Network Scotland (CYANS)

www.cyans.scot.nhs.uk

Allergy UK

www.allergyuk.org

Tel: 01322 619898

Anaphylaxis Campaign

www.anaphylaxis.org.uk/

Tel: 01252 542029

Jext Support

www.jext.co.uk

Tel: 0118 903 7940

Lanarkshire Paediatric Allergy Service

www.protopage.com/allergy

NHS24 - Health Information and Self Care Advice for Scotland

You can contact NHS24 for out of hours advice when your GP surgery or Health Centre is closed.

Tel: 111



www.careopinion.org.uk

NHS Lanarkshire - for local services and the latest health news visit www.nhslanarkshire.scot.nhs.uk
NHS Lanarkshire General
Enquiry Line: 0300 30 30 243

NHS inform - The national health information service for Scotland.
www.nhsinform.co.uk
Tel No: 0800 22 44 88

If you need this information in another language or format, please e-mail: Translation.
Services@lanarkshire.scot.nhs.uk

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JEXT (adrenaline autoinjector)

What to do if your child has an allergic reaction

Information for patients

Name
CHI
School
Allergy

Design - Medical Illustration, NHS Lanarkshire

Symptoms of a mild reaction:

- ❖ Swollen lips, face or eyes
- ❖ Itchy or tingly mouth
- ❖ Hives or itchy rash
- ❖ Abdominal cramps or vomiting
- ❖ Swollen or itchy eyes
- ❖ Runny nose or sneezing

Give Piriton/Cetirizine

Dose mls

Prescribed by.....

Date

After 10 minutes,
if symptoms are no better -

Repeat Piriton/Cetirizine as above
and seek advice urgently from your GP
(or NHS24 if out of hours)

If condition worsens, see next page.

Symptoms of a severe reaction (anaphylaxis):

- ❖ Hoarse voice
- ❖ Difficulty swallowing, choking
- ❖ Difficult or noisy breathing, wheeze
- ❖ Persistent cough
- ❖ Dizziness, going pale or floppy, suddenly sleepy
- ❖ Collapse, unresponsive [put child into recovery position]

Lie your child down (*let them sit if they prefer*) + GIVE JEXT + Phone 999

Dose mcg (150/300mcg)

Prescribed by.....

Date

Then try to give **Piriton/Cetirizine** (see left).

If your child is wheezy and has a blue inhaler eg Salbutamol, you can also give 10 puffs using a spacer.

How to give JEXT

1. Remove the Jext® from the package
2. Remove yellow safety cap
3. Hold the Jext® as shown, black tip to thigh, press hard until clicks (*can be given through clothing*).



6. Hold in place for 10 seconds, remove and rub thigh firmly
7. Keep your child in the recovery position, or sitting if more comfortable
8. Phone 999 and Anaphylaxis [AN-A-FEE-LAX-IS].
9. If there is no improvement after 5 minutes, give a further Jext®, if available.
10. Observation in hospital after anaphylaxis is recommended.
11. Ask your GP for replacement Jext® at earliest opportunity.