

Jext[®]: Instructions For Use

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1, Grasp the Jext in your dominant hand (the one you use to write with) with your thumb closest to the yellow cap.
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2, Pull off the yellow cap with your other hand.
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3, 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 Jext 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.
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4, Massage the injection area for 10 seconds. Seek immediate medical help
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5, Call 999, say "anaphylaxis" and ask for immediate medical attention. If you are unable to make the call, get someone else to call for you.
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6, Administer a second Jext after 5 to 15 minutes if there is no improvement, or original symptoms return.

Visit our website www.royalberkshire.nhs.uk

Children's Clinic, January 2012

Reviewed: March 2017. Review due: March 2019



Royal Berkshire
NHS Foundation Trust

Patient's hospital label

Allergy to: _____

Strict avoidance of: _____

Doctor's name: _____

Doctor's signature: _____

Food allergy action plan Jext[®] (Adrenaline 0.3mg)

Important information for families and healthworkers

Emergency contact details:

Parent or guardian: _____

Telephone no: _____

Parent's signature: _____

A mild allergic reaction – what to look out for:

Eyes:	itchy, runny, swollen
Nose:	itchy, runny, congested, sneezing
Mouth:	itchy or swollen lips or mouth
Skin:	hives/nettle rash, itchy rash, redness, swelling of the face or other parts of the body
Gut:	nausea, stomach cramps, vomiting or diarrhoea

Action

Give **antihistamine** _____ syrup/tablet.

Then follow the next steps....

Rest

- **No** strenuous exercise of any kind, e.g. football, swimming.
- **No** heavy meals.
- **No** fizzy or alcoholic drinks.

Contact the parent or guardian (see front page).

If the symptoms get worse, follow the steps for severe reaction (on next page).

The severity of symptoms can change quickly so

Do not leave the person alone.

A severe allergic reaction – what to look out for:

Airway:	tightness/lump in the throat, hoarse voice, hacking cough
Breathing:	short of breath, cough, unable to speak full sentences, noisy breathing, wheezing
Circulation:	feeling faint, weakness or floppiness, glazed expression, unconscious
Deterioration:	things getting steadily worse

Action

If the person is conscious and having breathing difficulties, help them to sit up.

If they are faint or floppy, they are better off lying flat with their legs raised up.

Give Jext® (Adrenaline 0.3mg) in the outer thigh muscle.

Once the **Jext®** has been given, even if the person is making a good recovery you must **dial 999** for the ambulance.

The caller should tell the emergency helpline operator:

- where to find the person having the allergic reaction
- that the person is having a severe allergic reaction known as “anaphylaxis”
- the name and age of the person.

If there are problems with breathing and the person uses an inhaler, give up to 10 puffs of salbutamol (Ventolin®) or terbutaline (Bricanyl®) with a spacer.

Contact the parent or guardian (see front page).

The ambulance should take the person to the nearest Emergency Department (ED) for at least 4 hours observation. ED staff may consider corticosteroids to prevent a late phase reaction.