

## Contact numbers

If you have any questions or concerns,  
please contact the Children's Clinic on 0118  
322 8142.

## Other useful contacts

Allergy UK  
01322 619898  
[www.allergyuk.org/](http://www.allergyuk.org/)

Institute of Food Research  
[www.ifr.ac.uk/protall/infosheet.htm](http://www.ifr.ac.uk/protall/infosheet.htm)

The Anaphylaxis Campaign  
01252 542029  
[www.anaphylaxis.org.uk](http://www.anaphylaxis.org.uk)

ALK-Abello  
[www.jext.co.uk](http://www.jext.co.uk)

Royal Berkshire NHS Foundation Trust  
London Road  
Reading RG1 5AN  
Telephone 0118 322 5111  
[www.royalberkshire.nhs.uk](http://www.royalberkshire.nhs.uk)

This document can be made  
available in other languages and  
formats upon request.

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**Royal Berkshire**  
NHS Foundation Trust

# Travelling with your adrenaline pens

Information for families

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This leaflet offers general advice on travel and your adrenaline pens in case of emergencies. For specific advice about diet, speak to your GP or practice dietitian.

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### Before you leave home

If you are flying, inform the airline before your travel date that you have a severe allergy and carry adrenaline pens at all times. Let them know what foods you are allergic to so they can provide an alternative meal (if supplied). However, you should be aware that other passengers may bring their own food onto the aircraft.

It is advisable to obtain a letter from your doctor stating that due to your food allergy, it is required that you carry antihistamines and adrenaline pens at all times.

The Children's Clinic would be happy to provide you with a letter but you must let us know at least 6 weeks before you travel.

Before you leave home, check your emergency medications are in date for the time you are away.

Wear your 'Alert' bracelet/necklace as this is an internationally recognised SOS symbol.

### Travelling

When travelling by air or sea, remember to carry your emergency medications in your hand luggage, not in your suitcase.

Remember to inform security personnel at airports and ports that you are carrying life-saving medicine in your hand luggage. It is important that they are aware you are carrying liquid medications and the adrenaline pen (which has a sharp needle).

If you have requested a special meal, remind the staff of your medical requirements and double check the meal doesn't contain your allergy food. However, remember that other passengers may be eating food to which you are allergic.

You may prefer to take your own food on the journey to ensure it is safe.

### On arrival at your destination

Tell the holiday representative and hotel chef about your allergies.

Find out where the nearest doctor and hospital is located.

Find out the emergency number to call in the country you are in (999 only applies in the UK).

Make sure your adrenaline pens are safe and accessible and are kept out of the sun/heat. However, do not refrigerate your pens.

Contact the Anaphylaxis Campaign for emergency phrase cards in the language of the country you are visiting. Contact details are on the back of this leaflet.

### Using rescue medicines

Be prepared – carry your rescue medicines (antihistamines and adrenaline pens) with you at all times!

Make sure you refresh your skills with using your adrenaline pen on a regular basis – practice with your **Jext®** trainer at least once every school term.

Make sure your friends and family know what to do if you have an allergic reaction.