

Paediatrics

Newly diagnosed food allergy patients requiring adrenaline auto- injectors (AAI)

Things to remember if your child has been prescribed an adrenaline pen

1. **Make sure your child always has 2 adrenaline auto-Injectors (AAI) with them.** They should also carry antihistamines for mild/moderate reactions. We recommend using a medical grade bag, such as those available from the Anaphylaxis Campaign, to carry these items and transport them to and from school or nursery.

Adrenaline pen training videos are available on websites for Epipen, and Jext (see links below). Adrenaline auto-injector (AAI) pens can be administered straight through skin or through clothes ensuring to miss buttons. You do not need to remove jeans, tights, leggings, etc.

2. **Practise using the trainer pen** and make sure that anyone who looks after your child also practices. If you are given a different brand of adrenaline pen, make sure you order an appropriate trainer pen. Trainer pens can be ordered for free from the websites Epipen or Jext. The links can be found in the “Useful websites” section at the end of the leaflet.
3. **Register your adrenaline pens to receive expiry date reminders** on your mobile phone or via email. This can be done via the Epipen, and Jext websites.



Patient Information

4. If your child is under 30kg they will be prescribed the **junior** adrenaline pen (150 micrograms). Once they weigh 30kg, they will need the **adult** adrenaline pen (300 micrograms). After the first prescription (which may come from the hospital) further prescriptions will need to be requested from your GP.
5. **Make sure you recognise the signs and symptoms of an allergic reaction and anaphylaxis.** (See your BSACI allergy plan and discuss it with the allergy nurse, GP, or pharmacist).
6. Attach an up-to-date photo of your child to the BSACI allergy plan, insert your emergency contact details, and give a copy to your child's school or nursery.
7. **Remember to check food labels for your child's allergy.** Take special care with snack bars, take-away foods, ice-creams from ice-cream parlours (if the scoop is used for several ice creams), unwrapped foods.
8. **Encourage good hand hygiene.** When travelling carry wet wipes to clean tabletops.
9. When travelling on a plane, you can carry Adrenaline auto-injector AAI pens along with the BSACI action plan in your hand luggage. If taking antihistamines on board, you may need a pharmacy label. Bottles of liquid antihistamine will have to be within the flight travel guidelines.
10. When travelling, make sure you know the relevant words for your child's allergy.
11. You can download free printable translation cards from www.allergyaction.org, or translation cards are available from www.allergyuk.org

Patient Information

Or use Google Translate and make your own translation cards: for example:

- My child has a life-threatening allergy to (E.g. nuts)
- My child is having an allergic reaction/anaphylaxis
- Please call an ambulance. Where is the nearest hospital?

Useful websites

- www.anaphylaxis.org
- www.allergyuk.org
- <https://www.itchysneezywheezy.co.uk/>
- www.bsaci.org
- <https://www.epipen.co.uk/>
- <https://jext.co.uk/>

Support groups

<https://theallergyteam.com/>

Allergy bands

- Medic Alert
- Medi Band
- Allergy Lifestyle
- ID Band

For further advice or support contact the Paediatric Allergy Team at childrensallergy@uhcw.nhs.uk

The Trust has access to interpreting and translation services. If you need this information in another language or format, please contact 024 76 96 7215 and we will do our best to meet your needs.

Patient Information

The Trust operates a smoke free policy.

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