

Anaphylaxis action plan - for use with Jext[®] adrenaline auto-injector pen

Allergy Service

Last reviewed: August 2025

Next review: August 2028

Information for Patients

Leaflet number: 319 Version: 3

Name:	Date of birth:
NHS number:	
Emergency contact:	
Consultant:	
Plan prepared by:	
Date:	


Follow the action plan over the page if you have any **ONE** of these symptoms of a **severe allergic reaction (anaphylaxis)**:

Airway difficulties:	<ul style="list-style-type: none"> Swelling in throat, tongue or upper airway Difficulty in swallowing
Breathing:	<ul style="list-style-type: none"> Sudden onset wheezing Breathing difficulty Noisy breathing
Circulation:	<ul style="list-style-type: none"> Dizziness, feeling faint Sudden sleepiness, tiredness, confusion Pale, clammy skin Loss of consciousness

Health information and support is available at www.nhs.uk
or call 111 for non-emergency medical advice

Visit www.uhleicester.nhs.uk for maps and information about visiting Leicester's Hospitals
To give feedback about this information sheet, contact uhl-tr.informationforpatientsmailbox@nhs.net

Action plan for a severe reaction

1. **Lie flat** with your feet up until help arrives. If breathing is difficult you can sit. Do not stand or walk.

2. **Use your Jext[®].**
3. **Call 999** for an ambulance and say you are having anaphylaxis (“ana-fil-ax-is”).
4. If there is no improvement after 5 minutes use your second Jext[®] in the other leg.
5. Take antihistamines as prescribed (if not already taken). If you are asthmatic use reliever inhaler.

If in doubt or rapidly deteriorating, use your Jext[®].

Medical observation in hospital is recommended after anaphylaxis.

Each Jext[®] is for single use only.

Always keep your 2 Jext pens with you at all times.


Follow the action plan below if you have symptoms of a mild or moderate allergic reaction, such as:

- Swelling of lips, face, or eyes.
- Hives or welts.
- Itchy / tingling lips, mouth or tongue.
- Abdominal pain / vomiting.


Action plan:

1. Locate your Jext[®].
2. Take antihistamines as prescribed.
3. Phone family / emergency contact.
4. **Watch for worsening symptoms: if in doubt or rapidly deteriorating use your Jext[®].**

How to give Jext[®]

1, Hold Jext in dominant hand. 

2, Remove yellow cap. 

3, Place black tip against outer thigh. Push injector into thigh until it clicks. Hold for 10 seconds. 

4, Massage injection area. 

Store Jext[®] in a cool dark place at room temperature. Keep out of direct sunlight. Keep away from extreme temperatures (like fridge).

Check the expiry date regularly.

For more information and to register for a free expiry alert service visit: www.jext.co.uk

For more information on anaphylaxis visit:

- www.allergyuk.org
- www.anaphylaxis.org.uk

If you would like this information in another language or format such as EasyRead or Braille, please telephone 0116 250 2959 or email uhl-tr.equalitymailbox@nhs.net