

Jext[®]: Action Plan

Name:

Allergen/Allergens:

Jext[®] dosage: micrograms

Where my Jext[®]/Jext[®]s are stored:

Emergency contact name:

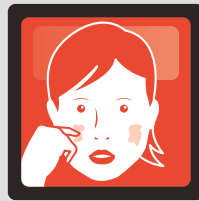
Emergency contact relation:

Emergency contact number/numbers:

What my symptoms might be:



Tingling and swelling of the lips, eyes and face



Itchy rash



Tightening of the throat, hoarseness

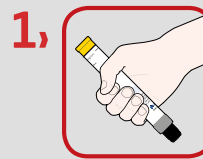


Shortness of breath, cough, wheeze

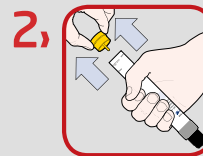
People suffering from anaphylaxis may also notice:

- › Vomiting, diarrhoea, cramps
- › A metallic taste or itching in the mouth
- › Rapidly decreasing blood pressure (in this case they are likely to go pale)
- › Faster heart rate
- › Sense of impending doom
- › Weak pulse, light-headedness or unconsciousness

What to do:



1, Grasp the Jext[®] injector in your dominant hand (the one you use to write with) with your thumb closest to the yellow cap.



2, Pull off the yellow cap with your other hand.



3, Place the black injector tip against your outer thigh, holding the injector at a right angle (approx 90°) to the thigh.



4, 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 injector 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.



5, Massage the injection area for 10 seconds. Seek immediate medical help.

Dial 999 in UK or 112 in Ireland, ask for an ambulance and say "anaphylaxis".

If you are unable to make the call, get someone else to call for you.

BE PREPARED: Use a second Jext[®] after 5-15 minutes if the symptoms do not improve.

For more information, please visit www.jext.co.uk or www.jext.ie

Reporting of side effects

If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in the package leaflet. You can help provide information on the safety of this medicine by reporting any side effects to the regulatory authorities at **Ireland: www.hpra.ie UK: www.mhra.gov.uk/yellowcard**