



Adrenaline (epinephrine) and temperature control

(Based on research published in 2016)

[Read the article here.](#)

Many individuals, parents and caregivers are concerned about the stability of adrenaline (epinephrine) in temperatures over 25°C. The Australian climate often takes us beyond 25°C and many people contact Allergy & Anaphylaxis Australia (A&AA) with queries on maintaining temperature of the adrenaline autoinjector when they are away from home or when they work outside (e.g. farmer, postman or courier).

It is important to do your best to keep your adrenaline autoinjector between 15 and 25°C most of the time. Obviously weather conditions in Australia are challenging but our aim is to minimise the amount of time the device is outside the temperature range.

Remember:

- Adrenaline is light sensitive and so potency (strength) may degrade if exposed to prolonged sun exposure.
- The ideal condition for storage is approximately 25°C.
- Do NOT refrigerate or freeze as it can affect the mechanics of the autoinjector.
- Do NOT keep below 10°C or above 25°C for prolonged periods of time.

Helpful guidelines for temperature management of adrenaline autoinjector:

- Always keep your adrenaline autoinjector away from direct sunlight.
- If outdoors on a hot day, try to keep it in the shade.
- If you know you are going to be out in the sun for an extended time on a hot day (e.g. at the beach, camping or at a sporting event or when working outside) consider purchasing a MedActiv Easybag which can help maintain the adrenaline autoinjector at the correct temperature for up to 5 days. See <https://allergyfacts.org.au/shop/pouches-and-accessories/insulated-and-travel-pouches>
- Do NOT store your adrenaline autoinjector in your car.
- Do keep it wherever you would prefer to be on a hot day i.e. inside the house, inside the classroom or office or in the shade if you are outside and there is no easily accessible indoor area to keep it.
- Do NOT put it in the fridge, next to an ice pack or on ice although placed in a small esky with cool drinks can also help keep it cool on a very hot day.

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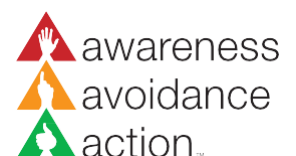
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