

Epinephrine Auto-Injectors (EpiPen and EpiPen Jr.)

What is anaphylaxis?

Anaphylaxis is an allergic emergency that can occur within minutes, and may be caused by either unknown or known triggers (i.e. insect stings, allergy injections, foods, medicines).

Symptoms may include:

- Trouble breathing
- Wheezing
- Hoarseness
- Hives
- Severe itching
- Swelling of the face, lips, mouth, or tongue
- Dizziness, fainting, or “passing out”
- Skin rash, redness, or swelling
- Fast heartbeat
- Weak pulse
- Feeling anxious
- Confusion
- Stomach pain
- Losing control of urine/bowel movements.

What is EpiPen/EpiPen Jr?

EpiPen and EpiPen Jr. are automatic injection devices used to treat life-threatening allergic emergencies. EpiPen Jr. is for children and EpiPen is for adults. These injections contain a single dose of epinephrine. **These injections do not take the place of emergency medical care, and you should seek emergency help right after administration.**

Type of EpiPen:

Use:

EpiPen Auto-Injectors:
EpiPen Jr (left) is **green**
(0.15mg).

Always have access to two EpiPen Auto-Injectors in all the places you may need them because you may need a second dose.

EpiPen (right) is **yellow**
(0.3mg).

More than 2 doses in a row should only be given under direct medical supervision.



EpiPenTrainer

EpiPen Trainer is **grey**

The EpiPen® Trainer does **not** contain a needle or medication and therefore should **not** be used for an anaphylactic reaction. It is for training purposes only.



Store it separately from EpiPen/EpiPen Jr in case of accidental use during a reaction.

How should I store EpiPen?

- Make sure to check expiration date at time of dispensing and occasionally after
- Protect from light
- Do not expose to extreme hot and cold temperatures (glove boxes in cars, refrigerator etc.)
- Before using, check through the window to make sure the medication is clear
- Keep the EpiPen/EpiPen Jr. in the carrying case to prevent damage
 - The carrying case is not waterproof

How do I administer EpiPen?

1. Prepare EpiPen/EpiPen Jr for injection:



a. Flip open the yellow cap of your EpiPen or green cap of your EpiPen Jr.



b. Tip and slide the auto-injection from the clear carrier tube.



c. With one hand, grasp the auto-injector in your fist, with the orange tip pointing downward.

2. **With your other hand**, remove the blue safety release. Pull it straight up and do **not** remove the safety release until you are ready for the injection (to protect from accidental injection.)

3. Hold the auto-injector in your fist with the orange tip pointing **downward**. The needle comes out of the orange tip. This may help you remember:

“Blue to the sky, orange to the thigh.”

The Never-See-Needle helps with protection against needle exposure before and after use. **To avoid an accidental injection never** put your thumb, fingers, or hand over the orange tip. If an accidental injection occurs, call for medical help right away.

4. **Administer the medication in EpiPen/EpiPen Jr.** If administering to a young child, limit movement and hold the leg firmly in place while administering an injection.

- a) Place the **orange** tip against the middle of the outer thigh with your arm straight at perpendicular (90 degree) angle.
- b) Swing and push the auto-injector firmly until it 'clicks'. The click signals the injection has started.
- c) Do **not** inject into the buttocks, fingers, hands, or feet



It is **SAFE** to administer through clothing

- d) **Firmly hold** the auto-injector in place for approximately **3 seconds** to deliver the drug
Count slowly 1,2,3



c. **Remove** the auto-injector from the thigh, and **massage** the injection area for **10 seconds**



5. **Get emergency medical help right away**

While you are using the medication, seek immediate medical or hospital care. You may need further medical attention and a second injection if your symptoms continue.

What are the side effects?

- fast, irregular, or "pounding" heartbeat
- sweating
- nausea
- vomiting
- breathing problems
- paleness
- dizziness
- weakness
- shakiness
- headache
- feelings of over excitement
- nervousness
- anxiety

Rare cases of injection site infections have been reported. Seek medical care if redness, swelling, heat at injection site, and/or fever occurs.

Visit <http://www.epipen.com> for more information and a *How to Use* video:
<https://www.epipen.ca/en/epipen-resources/epipen-videos>.

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Department of Pharmacy
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