

肾上腺素自动注射器 (EpiPen 肾上腺素笔和 EpiPen Jr. 少儿版肾上腺素笔)

Epinephrine Auto-Injectors (EpiPen and EpiPen Jr.) (Chinese)

什么是严重过敏反应? What is anaphylaxis?

严重过敏反应是一种过敏紧急情况，可在几分钟内发生，并可能由未知或已知的诱发因素（即昆虫叮咬，过敏注射，食物，药物）引起。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).

症状可能包括: Symptoms may include:

- 呼吸困难 Trouble breathing
- 喘鸣 Wheezing
- 声音嘶哑 Hoarseness
- 荨麻疹 Hives
- 严重瘙痒 Severe itching
- 面部、嘴唇、口腔或舌头肿胀 Swelling of the face, lips, mouth, or tongue
- 头晕、昏厥或“昏倒” Dizziness, fainting, or “passing out “
- 皮疹、发红或肿胀 Skin rash, redness, or swelling
- 心跳快速 Fast heartbeat
- 脉搏微弱 Weak pulse
- 感到焦虑 Feeling anxious
- 神志不清 Confusion
- 胃痛 Stomach pain
- 失去对排尿/排便的控制。 Losing control of urine/bowel movements

什么是 EpiPen 肾上腺素笔/EpiPen Jr 少儿版肾上腺素笔?

What is EpiPen/EpiPen Jr?

EpiPen 肾上腺素笔和 EpiPen Jr. 少儿版肾上腺素笔，是用于治疗危及生命的过敏紧急情况自动注射装置。少儿版肾上腺素笔适用于儿童，肾上腺素笔适用于成人。这些注射剂含有单剂量的肾上腺素。**这些注射不能取代紧急医疗护理，您应该在给药后立即寻求急诊救助。** 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.**

肾上腺素笔的类型:

Type of EpiPen:

肾上腺素笔自动注射器:

EpiPen Auto-Injectors:

少儿版肾上腺素笔 (左) 为**绿色**

(0.15 毫克)。

EpiPen Jr (left) is **green (0.15mg)**.

肾上腺素笔 (右) 为**黄色 (0.3 毫**

克)。

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

使用:

Use:

请在所有您可能需要用到肾上腺素笔的地

方，都能够取得两个肾上腺素自动注射器，

因为您可能需要第二剂。

Always have access to two EpiPen Auto-

Injectors in all the places you may need

them because you may need a second

dose.

只有在直接的医疗监督下才可以连续给予超

过 2 剂。

More than 2 doses in a row should only

be given under direct medical

supervision.



肾上腺素笔训练器

EpiPen Trainer

肾上腺素笔训练器是灰色的

EpiPen Trainer is grey



肾上腺素笔训练器**不含**针头或药物，因此**不**该用于严重过敏反应。它仅用于训练目的。

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.

将它与肾上腺素笔 / 少儿版肾上腺素笔分开存放，以防在过敏反应中意外使用。

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

我应该如何储存 EpiPen 肾上腺素笔? How should I store EpiPen?

- 确保在配药时检查有效期限, 并在之后偶尔检查有效期 Make sure to check expiration date at time of dispensing and occasionally after
- 避开光线 Protect from light
- 不要暴露在极端的冷热温度下 (汽车手套箱, 冰箱等) Do not expose to extreme hot and cold temperatures (glove boxes in cars, refrigerator etc.)
- 使用前, 请通过观察口检查, 以确保药物是透明的 Before using, check through the window to make sure the medication is clear
- 将肾上腺素笔 / 少儿版肾上腺素笔放在携带盒中以防止损坏 Keep the EpiPen/EpiPen Jr. in the carrying case to prevent damage
 - 携带盒不防水 The carrying case is not waterproof

如何给予肾上腺素笔? How do I administer EpiPen?

1. 准备肾上腺素笔 / 少儿版肾上腺素笔注射: Prepare EpiPen/EpiPen Jr for injection:



- a. 翻开肾上腺素笔的黄色盖子或少儿版肾上腺素笔的绿色盖子。
Flip open the yellow cap of your EpiPen or green cap of your EpiPen Jr.
- b. 倾斜并将自动注射器从透明载管中滑出。
Tip and slide the auto-injection from the clear carrier tube.
- c. 用一只手，握拳抓住自动注射器，橙色端指向下方。
With one hand, grasp the auto-injector in your fist, with the orange tip pointing downward.

2. **用另一只手**，取下蓝色安全盖。将其直接向上拉，在还没准备好注射之前**不要**取下安全盖（以防止意外注射）。
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. 用拳握住自动注射器，使橙色端**朝下**。针头从橙色端出来。这可以帮您记住：

“蓝端向上拔，橙端腿上扎。”

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.”

内置针头保护装置有助于确保在使用前后针头不会暴露在外。**为避免意外注射，切**

勿将拇指、手指或手放在橙色端上。如果发生意外注射，请立即致电寻求医疗帮助。

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. **给予肾上腺素笔 / 少儿版肾上腺素笔中的药物：** 如果给年幼的儿童注射，在注射时限制其活动，并将腿牢牢地固定不动。 **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) 用伸直的手臂以垂直（90度）的角度将**橙色**端靠在大腿外侧的中间。 Place the **orange** tip against the middle of the outer thigh with your arm straight at perpendicular (90 degree) angle.

b) 挥动并用力按下自动注射器，直到它“咔哒”一声。咔哒声表示注射已开始。 Swing and push the auto-injector firmly until it 'clicks'. The click signals the injection has started.

c) **不要**注射到臀部，手指，手或脚 Do **not** inject into the buttocks, fingers, hands, or feet

通过衣服注射是**安全的** It is **SAFE** to administer through clothing



d) 将自动注射器**牢牢握在原处约 3 秒钟**以输送药物

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



c.从大腿上**取下**自动注射器，在注射部位**按摩 10 秒钟**
Remove the auto-injector from the thigh, and **massage the injection area for 10 seconds**



5. **立即寻求紧急医疗帮助** Get emergency medical help right away

在您使用药物的同时，请立刻就医或住院治疗。如果您的症状持续，您可能需要进一步的医疗护理和第二次注射。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.

有什么副作用?

What are the side effects?

- 快速、不规则, 或 “怦怦的” 心跳
fast, irregular, or "pounding"
heartbeat
- 出汗 sweating
- 恶心 nausea
- 呕吐 vomiting
- 呼吸问题 breathing problems
- 苍白 paleness
- 头晕 dizziness
- 虚弱无力 weakness
- 颤抖 shakiness
- 头痛 headache
- 过度兴奋的感觉 feelings of over
excitement
- 紧张 nervousness
- 焦虑 anxiety

曾有报告关于注射部位感染的罕见病例。如果注射部位出现发红、肿胀、发热和/或发烧, 请就医。曾有报告关于注射部位感染的罕见病例。

Seek medical care if redness, swelling, heat at injection site, and/or fever occurs.

请上 <http://www.epipen.com> 查询详细信息, 及如何使用的视频:

<https://www.epipen.com/en/about-epipen-and-generic/how-to-use-epipen> Visit
<http://www.epipen.com> for more information and a *How to Use* video:
<https://www.epipen.com/en/about-epipen-and-generic/how-to-use-epipen>

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