



EpiPen Use

The EpiPen/EpiPen Jr auto-injector is a disposable drug delivery system featuring spring activation and a concealed needle. It is designed for self-administration of epinephrine in acute allergic emergencies (anaphylaxis). It provides a rapid, convenient dose of epinephrine for individuals needing protection from potentially fatal allergic reactions.

Why might I need an EpiPen/EpiPen Jr auto-injector?

The EpiPen auto-injector is commonly prescribed for individuals who are anaphylactic – that is, who have had prior severe allergic reactions or those who may be at high risk (e.g., a family history of severe reactions or a highly allergic individual). These reactions can be caused by a number of things. For example, some people have severe allergic reactions to certain foods – nuts, shellfish, eggs, etc. – or to certain food additives. Some people react to drugs such as penicillin. For others, a sting from insects – bees, wasps, hornets, yellow jackets, etc. – might trigger a severe allergic reaction. Some people also develop a reaction from exercise or items containing latex – balloons, elastic, or other rubber items. An allergic reaction to any of these may be so severe that it can be life-threatening very quickly and could occur when no physician or hospital is nearby. With an EpiPen auto-injector, an emergency injection of epinephrine is immediately available. The EpiPen injection can help stabilize you temporarily until you can reach the emergency room for follow-up by a physician.

How do I know that I am going into anaphylactic shock and need to use an EpiPen/EpiPen Jr auto-injector?

Symptoms of anaphylactic shock can include hives, swelling (especially of the lips and face), difficulty breathing, vomiting, diarrhea, cramping, and a fall in blood pressure. If you experience any of these symptoms and think you may be having an anaphylactic reaction, use an EpiPen auto-injector immediately and go to the hospital emergency room immediately. Take your used auto-injector with you for proper disposal. To aid in the transport of your EpiPen auto-injector to the hospital for disposal, carefully reinsert the fired unit (*without* replacing the safety cap) – NEEDLE FIRST – into the amber carrying tube. Recap the amber tube.

What is the drug in the EpiPen/EpiPen Jr auto-injector?

The drug product is epinephrine. Epinephrine by injection is the treatment of choice for allergic emergencies (anaphylactic reactions) because it quickly begins working to reverse symptoms of an anaphylactic reaction. It constricts blood vessels, relaxes smooth muscles in the lungs to improve breathing, stimulates the heart beat, and works to reverse hives and swelling around the face and lips (angioedema). The effects of epinephrine usually last 10 to 20 minutes.

How do I use the EpiPen/EpiPen Jr auto-injector?

The instructions for the EpiPen auto-injector are easy to follow. You should read the instructions included in each package immediately so you will be familiar with them before an emergency occurs. In addition, your physician can provide you with a demonstration using a training device that simulates the actual auto-injector. As a reminder, instructions are printed on each EpiPen auto-injector.

- Form a fist around the auto-injector with the black tip facing down. Pull off the gray safety cap. Do not remove the safety cap until you are ready to use the auto-injector. Once the safety cap is removed, the auto-injector is ready for use and can be activated. Never put your fingers over the black tip when removing the safety cap or after the safety cap has been removed.
- Place the black tip against your outer thigh. It is not necessary to remove your clothing first. The EpiPen auto-injector is designed to work through your clothing. **Do not put your thumb over the end of the unit.**
- With a quick motion, push the auto-injector firmly against your thigh. This will release a spring-activated mechanism that injects a dose of epinephrine. Hold the auto-injector in place for a few seconds after activation.
- Remove the auto-injector from your thigh. Take your used auto-injector with you to the hospital emergency room for proper disposal. To aid in the transport of your EpiPen auto-injector to the hospital for disposal, carefully reinsert the fired unit (*without* replacing the safety cap) – NEEDLE FIRST – into the amber carrying tube. Recap the amber tube.

How do I know I received a dose of medication?

You may not feel the medication being injected. However, it is released automatically when you activate the unit by pressing the auto-injector against your thigh. If the needle is exposed when you remove the auto-injector from your thigh, the medication has been released. A small amount of medication will remain in the auto-injector. This is normal and is necessary for product stability. It does not affect delivery of your dose.

Can the EpiPen/EpiPen Jr auto-injector be used through clothing?

Yes, the whole purpose of the EpiPen auto-injector is to ensure that you get an emergency dose of epinephrine quickly when you need it. Therefore, it was designed to work through your clothing if necessary.

Can I reuse the EpiPen/EpiPen Jr auto-injector?

Each EpiPen auto-injector delivers a single dose of epinephrine. Even though a small amount of liquid remains inside an auto-injector after use, the unit cannot be used again. See the next questions for information on proper disposal.

How do I dispose of my EpiPen/EpiPen Jr auto-injector after I've used it?

Take the EpiPen auto-injector with you to the hospital emergency room and ask the doctor or nurse to dispose of it for you. This will ensure that the doctor knows you have had a shot of epinephrine and what amount you received. To aid in the transport of your EpiPen auto-injector to the hospital for disposal, carefully reinsert the fired unit (*without* replacing the safety cap) – NEEDLE FIRST – into the amber carrying tube. Recap the amber tube.

What will I feel when I use the EpiPen/EpiPen Jr auto-injector?

The injection itself is relatively painless and the beneficial effects of the drug will be felt soon after injection. The most common changes you may feel are a more rapid heartbeat and a slight nervousness, "like a shot of adrenaline." As with any epinephrine product, you may also experience palpitations, sweating, dizziness, and headache.

After using an EpiPen/EpiPen Jr auto-injector, what else should I do?

The EpiPen auto-injector is intended for emergency use only. After use, you should seek further medical help immediately. At the same time, try to keep warm and avoid unnecessary exertion. The effects of the

injection begin to wear off after 10 to 20 minutes; therefore, it is important to seek further medical assistance. If you cannot go to an emergency room, call 911 for assistance. Make certain you inform the health professionals who will treat you that you have given yourself an injection of epinephrine.

Where does the EpiPen/EpiPen Jr auto-injector technology come from?

Auto-injectors were initially developed for the military to deliver antidotes in the event of poison gas attack. They are ideal for this because of the need for a fast and easy method of providing life-saving medication in a high-stress situation. Similar auto-injector systems were also used with other drugs as part of the NASA Managed Space Flight Program. The EpiPen auto-injector was designed to provide a simple, quick self-injection of epinephrine during an acute allergic reaction.

Does the EpiPen/EpiPen Jr auto-injector come in different strengths?

Yes. Epinephrine dosing is based on body weight. Your doctor will prescribe what is right for you. The EpiPen auto-injector (0.3mg) is for individuals weighing 66 lbs or more. The EpiPen Jr auto-injector (0.15mg) is for individuals weighing between 33 and 66 lbs. Both strengths deliver a single dose. Sometimes a single dose of epinephrine may not be enough to completely reverse the effects of an anaphylactic reaction. For that reason, your physician may prescribe more than one auto-injector.

Does the EpiPen/EpiPen Jr auto-injector expire and what do I do if it does?

As with any medication, the EpiPen auto-injector does have an expiration date, which is printed directly on the unit. When you first get your EpiPen auto-injector, be sure to register it in the EpiPen Expiration Reminder Program. An enrollment form is included in each package, or you can enroll online at www.deyinc.com. When you enroll in the EpiPen Expiration Reminder Program, you will be notified one month before the expiration date so that you can get a prescription for a new auto-injector. The registration card also gives you the opportunity to receive free educational information from patient support groups such as The Food Allergy Network (F.A.N.), Medic-Alert, and ELASTIC (latex allergy).

Are there any special tips or precautions I should know?

Keep your EpiPen auto-injector at room temperature until the marked expiration date, at which point your unit should be replaced. It should not be refrigerated; refrigeration for extended periods may cause the unit to malfunction. Neither should the EpiPen auto-injector be exposed to extreme heat, such as in the glove compartment or trunk of a car during the summer. Do not expose your auto-injector to direct sunlight; light and heat can cause epinephrine to degrade, turning brown. This shortens the usable life of the product. The best way to protect your auto-injector is to keep it in the plastic tube it comes in. Check your EpiPen auto-injector periodically through the viewing window of the unit to make sure the solution is clear and colorless. If the solution appears brown, replace the unit immediately. Regardless of the color of the epinephrine, always replace your auto-injector with a fresh unit prior to the expiration date.