

## Using An EpiPen®

The EpiPen® Auto-Injector is an easy and convenient way to give epinephrine. Epinephrine is a medicine used to treat an anaphylactic reaction. Anaphylaxis is a systemic (whole body), life threatening allergic reaction. It is the most severe type of allergic reaction. The EpiPen® is designed to provide fast, reliable first-aid for an anaphylactic reactions. It works quickly to help reverse symptoms which may follow exposure to insect bites and stings, food or drug reactions and exercise-induced anaphylaxis.

The EpiPen® is compact and easily carried in your pocket, purse or fanny-pack. The EpiPen® is pre-assembled, filled and ready to use right away. A tiny, concealed, spring-activated needle penetrates the skin once the syringe is activated. The EpiPen® is available in two strengths: EpiPen® (yellow label) and EpiPen® Jr (green label). Your health care provider will prescribe the EpiPen® that you should use. You should be taught how to use the EpiPen® by a health care professional.



## How to use an EpiPen® or Epipen®

### Remove the Epipen® From the Carrier Tube

- Flip open the yellow cap of the Epipen® or the green cap from the Epipen® Jr Auto-Injector carrier tube.
- Remove the Epipen® or Epipen® Jr by tipping and sliding it out of the carrier tube.

### Give the Epipen® Injection

- Grasp the unit with the orange tip pointing downward. Never put your hands, fingers or thumb over the orange tip.
- Form a fist around the unit (orange tip down).
- With your other hand, pull off the blue safety cap.
- Hold the orange tip near the outer thigh.
- Hold the leg firmly when giving the Epipen® injection to someone else. This means holding a young child's leg firmly in place and limiting movement.
- Swing and firmly push against the outer thigh until it clicks so that the unit is perpendicular (at 90° angle) to the thigh. Do **not** inject into the buttocks.
- Hold firmly against the thigh for 3 seconds to deliver the medicine.
- Remove the unit from the thigh (the orange needle cover will extend to cover the needle) and massage the injection area for 10 seconds.
- Call 911 and seek medical attention right away. The effects from this medicine may wear off in 10-20 minutes.
- Take the used EpiPen® with you to the hospital emergency room.

### Special Tips About Using an Epipen®

- **Remember, if you use the EpiPen®, call 911 and seek medical attention right away. The effects from this medication may wear off in 10-20 minutes.**
- After using the EpiPen®, most people experience a rapid heartbeat and "nervousness." Ask your health

- care provider for a complete list of side effects.
- Watch for signs or symptoms of infection, such as persistent redness, warmth, swelling, or tenderness, at the epinephrine injection site. See the doctor if this occurs.
  - Keep your EpiPen® at room temperature. Do not expose it to extreme cold, heat or direct sunlight. Refrigeration can cause the EpiPen® to malfunction. Light and heat can cause the medicine to go bad, turning brown. Look through the viewing window of the unit regularly, to make sure the solution is clear and colorless.
  - Check the expiration date on your EpiPen®. Be sure to replace your EpiPen® before the expiration date. You can dispose of an expired EpiPen® at the doctor's office or hospital.

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NOTE: This information is provided to you as an educational service of National Jewish Health. It is not meant to be a substitute for consulting with your own physician.

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