

## Why have I or my child been prescribed an EpiPen® Adrenaline Auto-Injector?

You or your child have been prescribed an EpiPen Adrenaline Auto-Injector as you or your child are at risk from a potentially life threatening allergic reaction called anaphylaxis (an-a-fil-axis). This is sometimes called anaphylactic shock or anaphylactic reaction.

## When should I use my EpiPen?

If you begin to experience the symptoms of anaphylaxis which are listed below it is important that you use your EpiPen immediately as early use of adrenaline improves the outcome and recovery from anaphylaxis.<sup>1</sup> Guidelines state that a second dose of adrenaline can be given 5 minutes after the first dose if symptoms don't improve or the original symptoms re-appear.<sup>2</sup>

**Therefore, it is recommended that you/your child carry 2 IN DATE EpiPen Auto-Injectors at all times.**

## What are the causes and symptoms of anaphylaxis?

Anaphylaxis is a life threatening allergic condition where an individual experiences a serious allergic reaction. The causes of these reactions can include some foods e.g. peanuts, bee/wasp venom and drugs.

The symptoms of anaphylaxis include tightening of the throat/difficulty breathing, collapse/loss of consciousness and a sense of impending doom.

**Early use of adrenaline improves outcomes and recovery from anaphylaxis.<sup>1</sup>**

## What does an EpiPen Auto-Injector contain?

An EpiPen Auto-Injector contains adrenaline. Adrenaline is the most important drug for the treatment of an anaphylactic reaction.<sup>2</sup>

**PATIENT SUPPORT FOR EPIPEN IS AVAILABLE AT [www.epipen.co.uk](http://www.epipen.co.uk)**

**REGISTER FOR A FREE EXPIRY ALERT NOW!!**

THE DATE THAT YOUR EPIPEN EXPIRES CAN BE FOUND ON BOTH THE OUTSIDE OF THE BOX AND ON THE EPIPEN ITSELF

- |   |   |
|---|---|
| 1 - Log onto <a href="http://www.epipen.co.uk">www.epipen.co.uk</a> | 5 - Enter the date of your pens expiry                            |
| 2 - Click on the Lifeline option                                    | 6 - Register your details (name, address, mobile & email address) |
| 3 - Click on expiry alert   | 7 - Click on save   |
| 4 - Click to login expiry   |   |

MAKE SURE THAT YOU/YOUR CHILD/RELATIVES/FRIENDS AND COLLEAGUES CAN PRACTICE HOW TO USE THE EPIPEN

**ORDER YOUR FREE TRAINER PEN NOW!**

- |   |   |
|---|---|
| 1 - Log onto <a href="http://www.epipen.co.uk">www.epipen.co.uk</a> | 5 - Click on register for my free trainer pen   |
| 2 - Click on the Lifeline option                                    | 6 - Register your details and current EpiPen expiry date to receive your free trainer pen |
| 3 - Click on order a free trainer pen                               | 7 - Click submit  |
| 4 - Click on send me my free pen                                    |   |

1. Simons F et al J Allergy Clin Immunol 2004; 113: 837-44  
2. Emergency treatment of anaphylactic reactions Guidelines for healthcare providers Working Group of the Resuscitation Council (UK) January 2008

# INSTRUCTIONS FOR USE

## TREATMENT QUICK GUIDE

### ANAPHYLAXIS

EpiPen Auto-Injector



Antihistamine when possible



Dial 999 and say

“anaphylaxis”



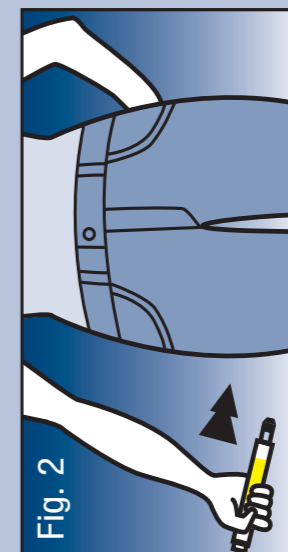
Administer second EpiPen dose after 5–15 minutes if patient does not respond or original symptoms return

# INSTRUCTIONS FOR USE

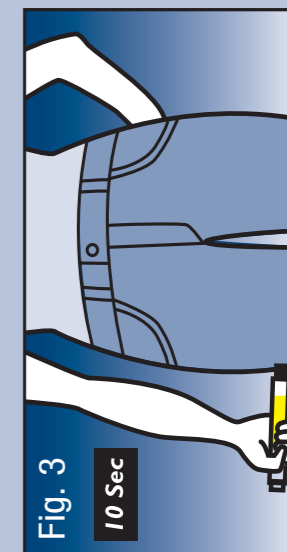
## EpiPen® Auto-Injector:



- ▲ Grasp EpiPen in dominant hand, with thumb closest to grey safety cap
- ▲ With other hand, pull off grey safety cap (Fig. 1)



- ▲ Jab firmly into outer thigh, through clothing if necessary (Fig. 2)



- ▲ Hold in place for 10 seconds (Fig. 3)
- ▲ Massage injection area for 10 seconds

**BE PREPARED:** Administer second EpiPen Auto-Injector after 5–15 minutes if patient does not respond or original symptoms return.