

# EpiPen Instructions

Anaphylaxis is a potentially life-threatening allergic reaction that can occur within minutes of exposure to particular allergens. It can be triggered by an allergy to particular foods (i.g. peanuts and shellfish), insect bites or stings (i.g. bee stings) and medication or various other triggers.

Although the risk of anaphylaxis is minimal, patients on immunotherapy are prescribed an EpiPen.

**Symptoms may vary for anaphylaxis. Some symptoms may include:**

## Skin

- Itching
- Hives
- Redness
- Swelling

## Head

- Feeling very anxious
- Confusion
- Dizziness
- Passing out

## Stomach

- Vomiting
- Nausea
- Diarrhea
- Cramps

## Throat

- Itching
- **Tightness/closure**
- Coughing
- Hoarseness

## Mouth

- Itching
- Swelling of lips and/or tongue
- Tingling of lips or tongue

## Heart

- Weak pulse
- Fast heartbeat

## Lungs

- Shortness of breath
- **Coughing**
- **Wheezing**
- **Difficulty breathing**



## How to use the EpiPen Autoinjector:

- 1) Keep two EpiPen injectors with you at all times
- 2) Grasp the unit with the orange tip downwards
- 3) Pull off the blue safety release
- 4) Inject into the middle of your outer thigh (upper leg), the injection will go through clothing and hold for 10 seconds
- 5) Get emergency medical help right away (call 911) after the injection
- 6) If symptoms do not improve within 3-5 minutes, you may inject the second auto injector and follow steps 2 through 4

Additional points:

- Do not leave the EpiPen in excessive heat.
- Make sure you renew your EpiPen as it expires after 1 year.
- Only a healthcare professional should give additional doses of epinephrine if you need more than two injections for a single anaphylactic episode.
- **DO NOT INJECT INTO YOUR VEINS, BUTTOCKS, FINGERS, TOES, HANDS OR FEET.**