

EpiPen® and generic epinephrine How to Give for Anaphylaxis (serious allergic reactions)

This video will show you how to prepare and give/use an EpiPen® injection: bit.ly/43s46EQ (6 minutes).

What is anaphylaxis?

Anaphylaxis (an-a-fi-LAK-sis) is a severe allergic reaction and can be life-threatening. When people come into contact with the things they are allergic to, such as certain foods or bee stings, they may have anaphylaxis. This type of reaction can last for a few minutes up to a few hours.

What is epinephrine?

Epinephrine (also called adrenaline) is a medicine used to treat anaphylaxis.

Epinephrine stops the anaphylaxis from getting worse. It works by lowering swelling, opening the airway to make it easier to breathe, and stabilizing blood pressure. Epinephrine is a life-saving medicine and is most effective if given at the first signs of anaphylaxis.

When should epinephrine be given?

Epinephrine comes in a device called an auto-injector. It should be given if your child has any of these symptoms within 2 hours of exposure:

- 1 of these:
 - Unresponsive or altered level of consciousness (dizzy, fainting, or like you want to pass out)
 - Trouble breathing, wheezing, or a cough that won't go away
 - Trouble swallowing or throat tightness
 - Swelling of the tongue or lips
 - Hives, redness, or itching all over body
 - Throwing up two or more times, loose poop, severe stomach pain

OR

- 2 or more of these:
 - Congestion, sneezing, or runny nose that won't go away
 - Hives in only one area
 - Upset stomach, stomach pain or one episode of throwing up

BEFORE using the EpiPen®

1. Before using the EpiPen®, check to see if the blue “safety release” (pictured on the right) is raised up. If it is, use the other EpiPen® and get a new pen as soon as possible.
2. Make sure you have the EpiPen® with medicine in it (a green or yellow pen) and not the trainer EpiPen® (grey). The trainer doesn’t have any medicine in it and should only be used for practice.



3. It is important to always have both pens on you at all times. Because epinephrine doesn’t last very long, you may need to give a second dose if you don’t see great improvement after one dose, or if the reaction starts again.

EpiPen® dose

Dosing for EpiPen® Auto-Injector and authorized generic		
Auto-injector:	Epinephrine Dose:	Patient Weight:
EpiPen Jr® Auto-injector	0.15 mg (0.3 mL)	15-30 kg (33-66 pounds)
EpiPen® Auto-injector	0.3 mg (0.3 mL)	≥ 30 kg (≥ 66 pounds)

Your doctor will order either the EpiPen® or EpiPen Jr® based on your child’s weight.

How to give the EpiPen® dose

1. Hold the EpiPen® in your hand and remove the cap (the blue “safety release”) with your other hand.
2. Remember: “**Blue to the sky and orange to the thigh**” when holding the EpiPen®

Do NOT put your finger over the orange tip, this is where the needle comes out.



3. Push the tip of the autoinjector firmly into the upper, outer thigh at a 90-degree angle (or as close as you can). It is okay to inject over your clothes, just try to avoid seams.



4. Hold the injection in place for 3 full seconds and count slowly. Remove the pen once the 3 seconds are done.



5. Even if you are feeling better, call 911 as soon as possible to get further treatment. You may need to give the second dose of epinephrine for very serious reactions.



Helpful tips

- Practice using the EpiPen® with your **GREY** trainer pen.
 - You may have to push harder when giving the real injection because the trainer is easier to push down.
- Remember: **“Blue to the sky and orange to the thigh.”**
 - Keep the blue cap up and the orange end down during the injection.
- Refer to your anaphylaxis plan on how to treat an allergic reaction.
- Check the expiration date often or set reminders close to the expiration date so you can get a new prescription.

Side Effects

- Fast heart rate or chest pain
- Feeling restless or anxious
- Feeling shaky
- Upset stomach or throwing up
- Feeling dizzy
- Headache
- Sweating
- Pain at the injection site