

IMPORTANT INFORMATION

VIEWING WINDOW

- To check that the solution is clear and colourless.
- To confirm the injection has taken place the window on the Auto-injector is obscured.



BRIGHT ORANGE BUILT-IN NEEDLE PROTECTION

- Keeps the needle covered during and after use.



WARNINGS AND PRECAUTIONS

- If you have asthma you may be at increased risk of severe allergic reaction.
- Anyone who has an episode of anaphylaxis should see their doctor about testing for substances they may be allergic to, so these can be strictly avoided in future. It is important to be aware that an allergy to one substance can lead to allergies to a number of related substances.
- If you have food allergies it is important to check the ingredients in everything you ingest (including medicines) as even small amounts can cause severe reactions.
- Tell your doctor if you have heart disease, an overactive thyroid, high blood pressure, diabetes, increased pressure in your eye (glaucoma), severe kidney problems, a tumour in your prostate, high calcium levels or low potassium levels in your blood, or Parkinson's disease. Despite these conditions, Adrenaline is essential for the treatment of anaphylaxis. Patients with these conditions, or anyone who may be in the position to give EpiPen® to a patient experiencing an allergic reaction, should be properly instructed as to the situations in which it should be given.
- Accidental injection into the hands or fingers may result in loss of blood supply to the affected area. If there is an accidental injection into these areas, you should go immediately to the nearest hospital Casualty Department for treatment.

EPIPEN® TRAINING PEN

THE EPIPEN® TRAINING PEN IS EASILY DISTINGUISHABLE FROM THE EPIPEN® AUTO-INJECTOR.

The label clearly states 'Training Device', 'contains no drug product or needle' and is pale blue/grey in colour.

After using the EpiPen® Training Pen, it needs to be reset so that you can practice again.

TO RESET THE EPIPEN® TRAINING PEN

- Replace the blue safety cap.
- Place the orange tip on a hard surface, squeeze the sides of the orange tip and push down.

The EpiPen® Training PEN is used to demonstrate to carers, work colleagues, friends and family, so that they are familiar with how to administer an EpiPen® Auto-Injector.

Never carry your Training Pen with your EpiPen® Auto-Injector in order to avoid confusion in an emergency situation.



PATIENT INFORMATION

LET'S TALK ABOUT EPIPEN®

(ADRENALINE) AUTO-INJECTOR 300/150mcg

Always use this medicine exactly as your doctor or pharmacist has told you. If you are at all unsure about how to use it, ask to have the instructions repeated by your doctor, nurse or pharmacist.

This leaflet will give you useful information on how to use your medication.



This is a summary of the instructions in the EpiPen® patient information leaflet (located with EpiPen®). For more complete information please read the patient information leaflet.

EPIPEN® EPIPEN®Junior
(Adrenaline) Auto-Injectors 300/150mcg

WHAT IS EPIPEN®

EpiPen® is a sterile solution in a pre-filled pen for emergency injection into the muscle (intramuscular).

The active substance is adrenaline. EpiPen® contains 300 micrograms adrenaline and EpiPen® Junior contains 150 micrograms adrenaline.

WHAT IS IT USED FOR?

- EpiPen® is used for the emergency treatment of severe allergic reactions (anaphylaxis) caused by allergens in, for example, foods, drugs, insect stings or bites and other allergens as well as severe reactions triggered by exercise or by unknown causes.
- Symptoms that signal the onset of an anaphylactic reaction include: itching of the skin; raised rash (like a nettle rash); flushing; swelling of the lips, throat, tongue, hands and feet; wheezing; hoarseness; nausea; vomiting; abdominal cramps and in some cases, loss of consciousness.
- EpiPen® works directly on the cardiovascular (heart and circulation) system and respiratory (lung) system, countering the potentially fatal effects of anaphylaxis by rapidly constricting the blood vessels, relaxing muscles in the lungs to improve breathing, reducing swelling and stimulating heartbeat.

WHAT YOU NEED TO KNOW BEFORE YOU USE EPIPEN®?

- There is no known reason why anyone should not use EpiPen® during an allergic reaction.
- EpiPen® should ONLY be injected into the outer thigh. It should not be injected into the buttock.

HOW TO STORE EPIPEN®?

- Keep out of reach and sight of children.
- Do not use this medicine after the expiry date.
- Do not store above 25 degrees, do not refrigerate or freeze.
- Keep container in the outer carton in order to protect from light.
- Please remember to check the contents of the glass cartridge in the EpiPen® Auto-Injector from time to time to make sure the liquid is still clear and colourless.
- Replace the Auto-Injector by the expiry date or earlier if the solution is discoloured or contains precipitate (solid matter).
- Do not throw away any medicine via wastewater or household waste. Ask your pharmacist how to throw away medicines you no longer use.

POSSIBLE SIDE EFFECTS

- If you experience any side effects, talk to your doctor or pharmacist.
- May include anxiety, headache, dizziness, tremor, stress cardiomyopathy, tachycardia, hypertension, peripheral ischaemia following accidental injection of the pens in hands or feet, nausea, vomiting, hyperhidrosis and asthenia. Cardiac arrhythmias may follow administration of adrenaline.

PATIENT SUPPORT

- Visit the website www.epipen.ie for further information and resources on EpiPen®.
- EpiPen® Training Pens available for demonstration purposes.
- EpiPen® allergy wristbands available via www.epipen.ie.

HOW TO USE EPIPEN®

Always use your EpiPen® exactly as your doctor or pharmacist has told you.

It is recommended that your family members, carers or teachers are also instructed in the correct use of EpiPen®.

For training and demonstration purposes, an EpiPen® training device (without drug and without a needle) is available. The training device and the active EpiPen® Auto-Injector should not be routinely carried together in order to avoid confusion in an emergency situation.

Sometimes a single dose of adrenaline may not be sufficient to completely reverse the effects of a serious allergic reaction. For this reason, **your doctor is likely to prescribe more than one EpiPen® for you.** If your symptoms have not improved or have deteriorated within 5-15 minutes after the first injection, either you or the person with you should give a second EpiPen® injection. **For this reason you should carry more than one EpiPen® with you at all times.**

FOLLOW THESE DIRECTIONS ONLY WHEN READY TO USE YOUR EPIPEN®

STEP 1

Grasp EpiPen® in dominant hand (the hand you use to write), with thumb nearest blue cap and form fist around unit (orange tip down).



STEP 2

With other hand pull off blue safety cap.



STEP 3

Hold the EpiPen® in a distance of approximately 10 cm away from the outer thigh. The orange tip should point towards the outer thigh.

STEP 4

Jab the EpiPen® firmly into outer thigh at a right angle (90 degree angle) (listen for click).



STEP 5

Hold firmly against thigh for 10 seconds. The injection is now complete and the viewing window on the Auto-Injector is obscured.

STEP 6

EpiPen® should be removed (the orange needle cover will extend to cover needle) and safely discarded. Massage the injection area for 10 seconds. Dial 112, ask for ambulance, state anaphylaxis.



- If your symptoms have not improved or have deteriorated within 5-15 minutes after the first injection you may need a second EpiPen®.

EpiPen® is designed as emergency treatment. You should always get medical help immediately after using EpiPen®, **even if your symptoms appear to be improving.** You will need to go to hospital for observation and further treatment as required. This is because the reaction may happen again at some time later.

While waiting for the ambulance you should lie down with your feet raised unless this makes you breathless in which case you should sit up. Ask someone to stay with you until the ambulance arrives in case you feel unwell again. Unconscious patients should be placed on their side in the recovery position.

Visit EpiPen® website www.epipen.ie for further information.

Website includes demonstration video on how to use EpiPen®.



EPIPEN® EPIPEN® Junior
(Adrenaline) Auto-Injectors 300/150mcg