



# EpiPen®/EpiPen® Junior Prescription CHECKLIST

Name / First Name

Date of Birth

Date

1

Have you diagnosed your patient being at risk or having already experienced an anaphylactic reaction?

YES

2

Is the patient familiar when to administer adrenaline?

YES, and already using the EpiPen®/EpiPen® Junior

▶ Continue with **STEP 3**

YES, but not using the EpiPen®/EpiPen® Junior

▶ Continue with **STEP 2**

NO

▶ Continue with **STEP 1**

**STEP 1:** Have you explained the patient how to behave in case of allergen contact and when to administer adrenaline?

YES

▶ Continue with **STEP 2**

**STEP 2:** Have you introduced EpiPen®/EpiPen® Junior and demonstrated the precise steps how to use the EpiPen®/EpiPen® Junior by using the EpiPen®/EpiPen® Junior training device and showing the EpiPen®/EpiPen® Junior “How to use” video? (See back for more information)

YES

▶ Continue with **STEP 3**

**STEP 3:** Have you asked the patient to demonstrate the EpiPen®/EpiPen® Junior handling using the EpiPen®/EpiPen® Junior training device?

YES

3

Have you recommended to regularly repeat the self-training and to train all immediate associates?

YES

4

Have you recommended to always carry 2 EpiPen®/EpiPen® Junior in case symptoms do not improve and a second dosage is needed?

YES

5

Have you advised the patient to set a reminder for the EpiPen®/EpiPen® Junior expiry date to renew their medication in time?

YES

6


Have you provided the patient with a Patient Information Leaflet and Patient Brochure?


YES





## How to **USE** the EpiPen®/EpiPen® Junior


Remove the **EpiPen®/EpiPen® Junior** from the carry case. If you are wearing clothes EpiPen® / EpiPen® Junior can be injected through the clothes. EpiPen® / EpiPen® Junior should **ONLY** be injected into the outer thigh. It should not be injected into the buttocks. In case of injection performed by a caregiver, immobilization of the patient's leg should be ensured during injection to minimize the risk of leg laceration. In no case reinsert the used needle.

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1. Grasp **EpiPen®/EpiPen® Junior** in dominant hand, with thumb nearest blue cap and form fist around **EpiPen®/EpiPen® Junior** and pull off the blue safety cap.  
**Remember: “Blue to the sky, orange to the thigh”.**
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2. Hold the **EpiPen®/EpiPen® Junior** at a distance of approximately 10 cm away from the outer thigh. The orange tip should point towards the outer thigh.
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3. Jab the **EpiPen®/EpiPen® Junior** firmly into outer thigh at a right angle (90° angle) (listen for click). Hold firmly against thigh for 5 seconds. Do not inject into the buttock. The injection is now complete and the viewing window on the Auto-Injector is obscured.
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4. **EpiPen®/EpiPen® Junior** should be removed and safely discarded. The orange needle cover will extend to cover needle.
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5. Gently massage the injection area for 10 seconds. Dial 112, ask for ambulance and state “anaphylaxis”, even if symptoms are improving. 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.

**Each EpiPen®/EpiPen® Junior can only be used once. If symptoms don't improve, you can administer a second EpiPen®/EpiPen® Junior after 5–15 minutes.**

## How to **STORE** the EpiPen®/EpiPen® Junior

- Do not store the **EpiPen®/EpiPen® Junior** above 25°C and do not refrigerate or freeze it.
- Keep the container in the outer carton in order to protect from light. When exposed to air or light, adrenaline deteriorates rapidly and will become pink or brown.
- Please remember to check the contents of the glass cartridge in the **EpiPen®/EpiPen® Junior** Auto-Injector from time to time to make sure the liquid is still clear and colourless.
- Replace the **EpiPen®/EpiPen® Junior** Auto-Injector by the expiry date or earlier if the solution is discoloured or contains a precipitate.