

EPINEPHRINE AUTO-INJECTOR PENS EpiPen®, EpiPen® Jr., and Twinject™

The EpiPen® (EH-pee-pen), EpiPen® Jr., and Twinject™ are “auto injector pens” that contain epinephrine (ep-eh-NEF-rin). They are used to treat severe allergic reactions (anaphylaxis). Reactions usually occur quickly, within 30 to 60 minutes after being exposed to something that causes it.

WHEN TO USE THE AUTO-INJECTOR

The epinephrine auto-injector is used to reverse a life-threatening allergic reaction. If your child shows any of the signs of a severe allergic reaction listed below after a (bee) sting, food allergy reaction, medication allergy (including Xolair®) or allergy shot, epinephrine auto-injector should be given:

Lungs: Chest tightness, repetitive cough or sneezing, wheezing, or shortness of breath.

Heart: Lightheaded feeling, fainting, weak pulse, low blood pressure.

Throat: Tightness of throat, hoarse or scratchy throat, drooling.

Mouth: Swollen tongue, severe lip swelling, slurred speech, or blueness around the lips.

Skin: Swelling or severe itching of face or scalp, arms or legs (that is not due to eczema) or large hives on the body. (Epinephrine may not be needed for hives alone, unless your child also has other signs of an allergic reaction.)

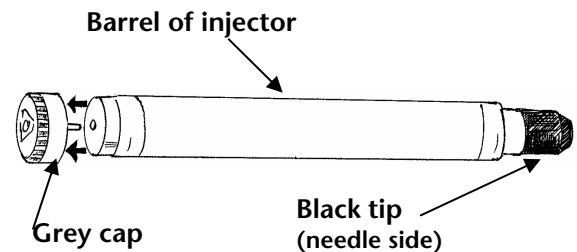
Stomach: Vomiting two or more times, severe abdominal cramps or diarrhea.

If your child shows none of these signs after a food allergen has been ingested or after being stung by a bee, be sure to watch your child very closely for the above symptoms.

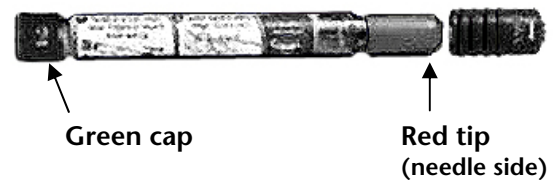
HOW TO USE THE AUTO-INJECTOR PEN

Instructions for using the auto-injector are written and pictured on each pen. Each EpiPen® holds a single dose (two pens should be available). The Twinject™ contains a “built-in” second dose if it is needed. Read the directions carefully when you pick up your prescription. **Practice using the trainer pen** if available so you will know how to use it **before** there is an emergency.

1. Remove the cap or caps from the auto-injector.
2. Inject the epinephrine into the upper outer thigh. It can be given through pants if necessary.
3. Press the injector firmly into the thigh and hold firmly for 10 seconds.
4. Wrap your thumb around the pen and **DO NOT PUT YOUR THUMB ON THE END.** (If the pen is upside down, you will inject yourself in the finger!).



Picture 1 Parts of the EpiPen®



Picture 2 Parts of the Twinject®

IMPORTANT POINTS TO REMEMBER

- **Always call 9-1-1 after using epinephrine** (the medicine starts to wear off in 20 to 30 minutes).
- **Keep your child lying down after the injection.**
- Repeat the dose in 5 to 10 minutes if your child is not improving. If you are using the Twinject, follow the instructions on the auto-injector for a second dose.
- Inhalers such as albuterol and antihistamines (Benadryl®) by themselves are not usually enough to treat severe allergic reactions, but they can be given **after** epinephrine is used.
- Be sure to teach anyone who cares for your child (teacher, child care provider, baby-sitter, relatives) when and how to use the auto-injector.
- It is your responsibility to **check the expiration date** monthly and tell your child's doctor or nurse when a refill is needed.
- Avoid temperature extremes. Do not store in a refrigerator or a hot car. The solution in the pen (medication) should be clear. If it is discolored, replace the unit.
- Your child should see an allergist if he or she has ever had a severe reaction or if epinephrine has ever been needed.
- Any child who has ever had a severe reaction should wear a medical alert bracelet or necklace (available at most pharmacies).

If you have any questions, be sure to ask your child's doctor, nurse, or pharmacist.