How to Use the EpiPen® Trainer Pen

The EpiPen® Trainer is easily distinguishable from the real Auto-Injector.

The label clearly states ‘Training Device’ and is pale blue/grey in colour.

The EpiPen® Trainer is:

- reusable and allows you to practise as many times as you wish
- works in the same way as the real EpiPen®

TO USE THE EPIPen® TRAINER PEN

1. Remove the blue safety cap.
2. Swing and jab the orange tip firmly into the outer thigh. Hold in place for 10 seconds.

To practise again, the EpiPen® Trainer Pen must be reset.

TO RESET THE EPIPen® TRAINER PEN

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

You can use an EpiPen® Trainer Pen to demonstrate to carers, work colleagues, friends and family, so they are familiar with how to administer an EpiPen®.
How to use EpiPen® or EpiPen® Jr

Remove the EpiPen® from the carry case. Lie down with your legs slightly elevated to keep your blood flowing or sit up if breathing is difficult.

1. Form fist around EpiPen® and PULL OFF BLUE SAFETY CAP.

2. POSITION ORANGE END about 10cm away from outer mid-thigh*.
   * Either clothed, or unclothéd, avoiding seams and pocket areas.

3. SWING AND JAB ORANGE TIP into thigh at 90° angle and hold in place for 10 seconds.

4. REMOVE EpiPen®
   Massage injection site for 10 seconds*.
   * After use the orange needle cover automatically extends to cover the injection needle.

Each EpiPen® can only be used once. If symptoms don’t improve, you can administer a second EpiPen® after 5-15 minutes.

"You Must call 999, ask for an ambulance and state ‘anaphylaxis’.

Stay lying down or seated and have someone stay with you until you have been assessed by a paramedic.

Unconscious patients should be placed in the recovery position.

Reporting of side effects

If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in the package leaflet. You can also report side effects directly via the Yellow Card Scheme at: www.mhra.gov.uk/yellowcard.

By reporting side effects you can help provide more information on the safety of this medicine.