How to Use the EpiPen® Trainer Pen

The Trainer Pen is easily distinguishable from the EpiPen®.

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

The Trainer Pen is:

• reusable and allows you to practise as many times as you wish

TO USE THE TRAINER PEN

1. Remove the blue safety cap.
2. Jab the orange tip firmly into the outer thigh. Hold in place for 3 seconds.
3. Remove Trainer Pen.

To practise again, the 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 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. Pull off Blue Safety Cap. Grasp EpiPen® in dominant hand, with thumb nearest blue cap and form fist around EpiPen® and pull off the blue safety cap. Remember: “Blue to the sky, orange to the thigh”.

2. Position Orange Tip. Hold the EpiPen® at a distance of approximately 10 cm away from the outer thigh. The orange tip should point towards the outer thigh.

3. Jab Orange Tip. Jab the EpiPen® firmly into outer thigh at a right angle (90° angle). Hold firmly against thigh for 3 seconds. EpiPen® should be removed and safely discarded. The orange needle cover will extend to cover the needle.

4. Dial 999. Dial 999, ask for ambulance and state “anaphylaxis”.

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.

All instructions are the same for EpiPen® and EpiPen® Jr

Adverse events should be reported. Reporting forms and information can be found at www.mhra.gov.uk/yellowcard.

Adverse events should also be reported to Mylan by phone: 0800 121 8267 or by email: ukpharmacovigilance@mylan.com