

IN CASE OF AN ANAPHYLACTIC EMERGENCY

HERE'S HOW TO USE THE EPIPEN®/EPIPEN® Jr (ADRENALINE) AUTO-INJECTOR

Remove the EpiPen® from the carry case. Lie down and raise your legs. Sit up if you are struggling to breathe but don't change position suddenly. Lie down again as soon as you can. Stay lying down even if you are feeling better. You must not stand up even if someone encourages you to.

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 10cm away from the outer thigh. The orange tip should point towards the outer thigh.

**3**

Jab Orange Tip. Jab the EpiPen® firmly into the outer thigh at a right angle (90° angle). Hold firmly against thigh for 3 seconds.

**4**

Dial 999, ask for an ambulance and **state anaphylaxis**. Stay lying down and have someone stay with you until you have been assessed by a paramedic. Unconscious patients should be placed in the recovery position.



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

Reporting of side effects:

If you get any side effects or have a device failure, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in the package leaflet. Please report side effects or device failures with any medicine or vaccine to the medicines regulator MHRA through the Yellow Card Scheme. It is easiest and quickest to report side effects and device failures online via the Yellow Card website: <https://yellowcard.mhra.gov.uk/> or search for MHRA Yellow Card in the Google Play or Apple App Store. Alternatively, prepaid Yellow Cards for reporting are available by writing to FREEPOST YELLOW CARD (no other address details necessary), by emailing yellowcard@mhra.gov.uk, by telephoning the Commission on Human Medicines (CHM) free phone line: 0800-731-6789, or by downloading and printing a form from the Yellow Card section of the MHRA website. You can also report side effects and device failures direct to the marketing authorisation holder at pv.uk@viatris.com.

EPIPEN® EPIPEN® Jr

(Adrenaline) Auto-Injectors 0.3/0.15 mg

All instructions are the same for EpiPen®/EpiPen® Jr
Always refer to the patient information leaflet for detailed instructions

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Provided by Viatris, to patients prescribed EpiPen®