

Guidelines for the storage and use of Epipens

1. Store your Epipen in a dark place at room temperature.
2. Protect from exposure to light and extreme heat.
3. Do not refrigerate or freeze.
4. Replace if discoloured - check the viewing window regularly - the solution should be clear.
5. Check expiry date - make a note to order a repeat prescription in good time to replace it.
6. Carry two Epipens at all times.
7. Keep the Epipen ready for use at all times.
8. Do not remove the blue safety cap until ready to use.
9. If one or both Epipens are used remember to obtain replacements as soon as possible.

Contact details

If you have any questions about any of the information contained in this leaflet please contact the Children's Clinic on 01205 445416 (weekdays only).

References

If you require a full list of references for this leaflet please email patient.information@ulh.nhs.uk

The Trust endeavours to ensure that the information given here is accurate and impartial.



If you require this information in another language, large print, audio (CD or tape) or braille please email the Patient Information team at patient.information@ulh.nhs.uk



Epipens

Directions for use and storage

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Aim of the leaflet

This leaflet is aimed at children and young people (and their families) who suffer from risk of severe allergic reactions or anaphylaxis.

This leaflet aims to tell you what an Epipen is and how to use and store an Epipen.

What is an Epipen

Epipen is an auto-injector device designed to make the drug Adrenaline (also known as Epinephrine) easily injectable into the muscle of the leg in an emergency.

Used correctly Adrenaline (Epinephrine) is a powerful life-saving drug. Only use it as instructed.

The drug is intended to make the heart beat faster and stronger to help you/your child recover from a severe allergic reaction.

Possible side-effects can be irregular heart beat, sweating, nausea, vomiting, dizziness, paleness, headache, feeling weak and shaky or breathing difficulties.

Always carry TWO Adrenaline auto-injectors at all times

Directions for using Epipens

1. Shout to someone to call an ambulance - use the word anaphylaxis (an-a-fill-axis). If alone, give injection first and then call an ambulance.
2. Pull off the blue safety cap. Do not touch the orange end. NB Be careful not to accidentally inject your finger.
3. Grasp the device in your dominant hand about 10cm from the outer thigh - holding the thigh still with your other hand.
4. Swing and jab the orange tip firmly against the outer thigh. You will hear a click and feel a pushing away force as the

needle is activated. **DO NOT PULL THE DEVICE AWAY FROM THE LEG - HOLD IN PLACE FOR 10 SECONDS.**

5. The orange end extends on removal from the leg.
6. Massage the area for 10 seconds.
7. Lay the child down and raise their feet to keep blood flowing to vital organs. If the child is unconscious, lay them on one side in the recovery position, keeping the airway clear by tilting the head and lifting the chin.
8. If there is no improvement in the child's condition or original symptoms return, the dose may be repeated after 5 to 15 minutes. Improvement will be seen through colour improving, easier breathing and a return to consciousness.
9. Following giving the Epipen if the child is having difficulty in breathing/wheezing and has a salbutamol inhaler, this can be given preferably via spacer device according to emergency treatment instruction sheet, or other bronchodilator eg bricanyl turbohaler can be given.
10. In a fully conscious child who has difficulty in breathing or is wheezing, sit the child up, supported, to ease breathing.
11. Stay with the child and reassure them.
12. Record what has been given, when and by whom.
13. Replace the used Epipen in plastic box and take to the hospital with the child.

NB Even if your child appears fully recovered you must still go to hospital for a full assessment, as some allergic reactions can recur in the next 72 hours (most likely in the first 8 hours).

AT ALL TIMES TRY TO REMAIN CALM

A training video and expiry alert service is available at www.epipen.co.uk