



**IF I AM HAVING AN  
ANAPHYLACTIC ALLERGIC  
REACTION, PLEASE FOLLOW  
THESE INSTRUCTIONS.**

**STEP 1:** Make sure I am lying down with my legs slightly elevated or sitting up if my breathing is difficult.

**STEP 2:** Use **EpiPen®**.  
*Instructions are on the device.*

**STEP 3:** Dial **999** immediately, ask for ambulance and state 'anaphylaxis'.

**STEP 4:** If my symptoms have not improved or are worse, 5 minutes after using my **EpiPen®**, use my second **EpiPen®**.

I should stay lying down or if I am unconscious, I should be placed in the recovery position. Stay with me until the ambulance arrives.

### **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](mailto: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](mailto:pv.uk@viatris.com).

# I CARRY AN EPIPEN®

I am at risk of an anaphylactic allergic reaction

EPIPEN®

EPIPEN® Jr

(Adrenaline) Auto-Injectors 0.3/0.15mg

Name:

Allergen(s):

My EpiPen® is kept:

Emergency contact (name/tel):

Provided by Viatris, for patients prescribed EpiPen®

