

# 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.

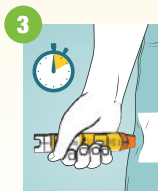
**Each EpiPen® can only be used once. If symptoms don't improve, you should administer a second EpiPen® after 5 minutes.**



**Pulling off the 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".**



**Positioning the 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.



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



**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.

Side effects and device failures should be reported. 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 and device failures with any medicine or vaccines to the medicines regulator MHRA through the Yellow Card scheme. You can report via: – the Yellow Card website [www.mhra.gov.uk/yellowcard](http://www.mhra.gov.uk/yellowcard) – the free Yellow Card app available from the Apple App Store or Google Play Store Alternatively, you can report side effects and device failures to the Yellow Card scheme by calling 0800 731 6789 for free, Monday to Friday between 9am and 5pm. You can leave a message outside of these hours. When reporting please provide as much information as possible. By reporting side effects and device failures, you can help provide more information on the safety of this medicine. You can also report directly to the manufacturer at [px.uk@viatris.com](mailto:px.uk@viatris.com)

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

*Provided by Viatris,  
for patients prescribed  
EpiPen®*

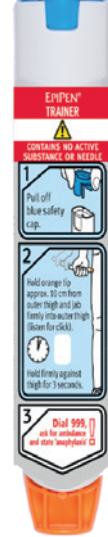


# HOW TO USE THE **EPIPEN®** **TRAINER PEN**

The Trainer Pen is easily distinguishable from the EpiPen® and doesn't contain a needle or any medicine.

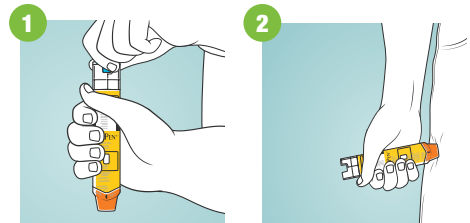
The label clearly states 'EpiPen® Trainer' and is pale blue/grey in colour.

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 practice 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 a Trainer Pen to demonstrate to carers, work colleagues, friends and family, so they are familiar with how to administer an EpiPen®.

Sign up to our **FREE** Expiry Alert Service, and receive reminders by text or email when your EpiPen® is about to expire.

