



➤ For on-the-spot treatment of severe allergic reactions, *Count 2 – count on EpiPen®*

➤ Helpful resources and EpiPen® support.

➤ A severe allergic reaction can be life-threatening. *When seconds count, don't take the risk.*

➤ Be ready to *act fast with EpiPen®*

EpiPen® is a self-injectable device that works in 2 simple steps, and contains adrenaline, the first-line treatment for severe allergic reactions (anaphylaxis).

➤ MyEpiPen® iPhone App

The MyEpiPen application was created to assist people at risk of severe allergic reactions. Download this application for free from iTunes to have on the spot instructions on what to do in an allergic emergency.



➤ Anaphylaxis101

This online resource provides information and updates about allergies and anaphylaxis, and explains a person's typical journey on the path to reducing the risk of anaphylaxis, along with steps involved in diagnosis and treatment. There is also handy tips and advice on living with allergies, to help you navigate your way through everyday situations. Or you can simply ask for advice.

www.anaphylaxis101.co.nz

➤ **References:** 1. Kemp SF, et al. Allergy. 2008;63:1061-1070. 2. Allergy & Anaphylaxis Australia. What is anaphylaxis? Available at: www.allergyfacts.org.au

EpiPen® is used for the emergency treatment of anaphylaxis (acute severe allergic reactions) due to insect stings or bites, foods, medications or other allergens. EpiPen® is an unfunded medicine. Patients are required to pay the full cost. EpiPen® (Adrenaline 300 µg/0.3ml) and EpiPen Jr® (Adrenaline 150 µg/0.3ml) are Restricted Medicines. Always read the label carefully and use strictly as directed. Your doctor or pharmacist's advice is required. Full Consumer Medicine Information (CMI) is available from Mylan New Zealand Ltd or on the Medsafe website www.medsafe.govt.nz EpiPen® is a registered trademark of Mylan Inc. Mylan NZ Ltd., Auckland. DA1510DS-06.



➤ EpiPen® works in 2 simple steps

Immediate access to an EpiPen® auto injector is critical. At the onset of anaphylaxis, you can quickly and easily self-administer EpiPen® in 2 simple steps, providing time to seek life-saving medical assistance.



➤ Form fist around the EpiPen® and pull off the blue safety release.



➤ Push the orange end hard into outer thigh so it 'clicks' and hold for 10 seconds.*

➤ * After administration of EpiPen® Adrenaline Auto-Injector, always seek medical attention – **call 111**



Administration of adrenaline is recommended as soon as initial signs of anaphylaxis occur – regardless of the severity.¹

Allergies and anaphylaxis.

What is anaphylaxis?

Anaphylaxis is a severe and sudden allergic reaction. It occurs when a person is exposed to an allergen (such as food or an insect bite). Although death is rare, an anaphylactic reaction always requires an emergency response. Prompt treatment with injected adrenaline is required to halt progression and can be life saving.

Triggers of anaphylaxis:

- Foods such as peanuts, tree nuts, shellfish, fish, milk, soy and eggs
- Insect stings – honeybees, wasp and ant stings are most common
- Medications including penicillin, aspirin and ibuprofen
- Other triggers such as latex and exercise are less common.



Who is at risk of anaphylaxis?

Children and adults who are highly allergic to any of the above allergens are at risk of anaphylaxis if exposed. Those who have had a previous anaphylactic reaction are at increased risk.

Symptoms of anaphylaxis.²

The signs and symptoms of anaphylaxis usually occur within the first 20 minutes to 2 hours after exposure. Allergic symptoms may initially appear mild or moderate but can progress rapidly. The most severe allergic reactions involve the respiratory system (breathing) and/or cardiovascular system (heart and blood pressure).

Mild to moderate allergic reaction

- Tingling of the mouth
- Hives, welts or body redness
- Swelling of the face, lips, eyes
- Vomiting, abdominal pain.

Severe allergic reaction – anaphylaxis

- Difficult/noisy breathing
- Swelling of the tongue
- Swelling or tightness in the throat
- Difficulty talking or hoarse voice
- Wheeze or persistent cough
- Persistent dizziness or collapse
- Pale and floppy (young children).

How can you prevent anaphylaxis?

The best way to prevent anaphylaxis is to avoid the substances and situations that trigger severe allergic reactions. However, avoiding allergens completely is not always possible. Be prepared by carrying an EpiPen® with you at all times, or have one in the locations where you spend a lot of time such as home, school or work.



About EpiPen®

Ensure that you know how to administer an EpiPen® and you know which end is the needle end.



The orange needle protection extends automatically to cover the needle after use. Once the EpiPen® has been administered, seek medical attention promptly.

It is important to practise with an EpiPen® training device so that you are prepared if an emergency occurs. You can also use it to demonstrate to carers, work colleagues, friends and family, so they are familiar with how to administer an EpiPen®.

EpiPen® is available in two presentations



EpiPen® Jr, for children weighing between 15-30kg.



EpiPen®, for children and adults weighing over 30kg.

Unlike the actual EpiPen®, the EpiPen® training device does not contain adrenaline or have a needle. It does however ‘click’ so you can practice the level of pressure required when administering to the outer thigh.



EpiPen® comes in a robust, flip-top carry case

EpiPen® comes safely housed in a convenient, flip-top carrier case, ensuring full protection and portability.

Storage

Store your EpiPen below 25°C. Do not refrigerate.

The EpiPen® training device is available from your pharmacist or doctor, or simply by registering online with EpiClub®, a free online anaphylaxis educational resource.

How to use EpiPen® demonstration videos are also available at EpiClub®. Become a member and you'll receive a free EpiPen® training device. Ask your pharmacist or doctor to demonstrate how to use an EpiPen® and practise the 2 simple steps shown over the page.

EpiClub®



Register with EpiClub® to receive your free EpiPen® training device and educational kit.

EpiClub® is an online educational resource where you can access additional information about anaphylaxis. It also provides a FREE reminder service to help remind you when your EpiPen® is about to expire and needs to be replaced.

Always be aware of your expiry date

Your EpiPen® Auto-Injector contains the life-saving medication adrenaline and its activity cannot be guaranteed beyond the expiry date. The expiry date can be found on the side of the EpiPen®.

To help ensure that your EpiPen® is in date, it is a good idea to register in the EpiClub® Reminder Programme.

How to register

Log on to: www.epiclub.co.nz or complete the enrolment form found in the EpiPen® pack to register your pen(s). When you register with EpiClub® you will receive a welcome pack that includes a free EpiPen® training device.

How to obtain an EpiPen®

EpiPen® is a Pharmacist Only Medicine, which means you can purchase from your pharmacist or from your doctor. Ensure you are prepared with an EpiPen® in various locations – at home, at work, at school.