



NATIONWIDE CHILDREN'S
When your child needs a hospital, everything matters.™

Helping Hand™

Health Education for Patients and Families

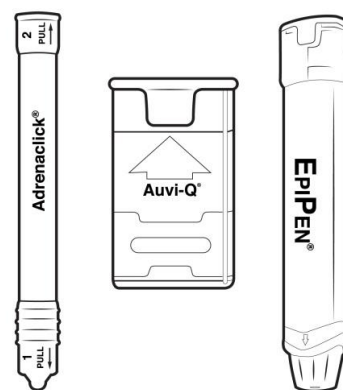
Epinephrine Auto-Injectors for Severe Allergic Reaction (Adrenaclick®, Auvi-Q®, EpiPen®, Symjepi®)

Epinephrine auto-injectors are devices that contain epinephrine (ep eh NEF rin). This medicine is used to treat severe allergic reactions called anaphylaxis (an uh ful LAK sis). When a child comes in contact with something they are allergic to, reactions usually happen fast, within 30 to 60 minutes.

When to use

Use this device (Picture 1) to stop a severe allergic reaction. Reactions often occur due to a bee sting, food or medicine. Some signs of a severe allergic reaction include:

- trouble breathing
- tight, hoarse or scratchy throat
- wheezing, repeated cough or shortness of breath
- lightheaded, fainting, weak pulse or low blood pressure
- swollen tongue, slurred speech or blue color around the lips
- severe swelling or itching of face, scalp, arms, or legs or large hives all over the body. (You may not need epinephrine for just hives without other allergic symptoms present.)
- vomiting (throwing up) two or more times or severe stomach cramps



Picture 1 Examples of epinephrine auto-injectors

How to use the epinephrine auto-injector

- Each epinephrine injector works differently. Always have two injectors with you. Instructions come with each injector and are also found online. Please visit the website to review: for Adrenaclick: www.adrenaclick.com; for Auvi-Q: www.auvi-q.com; for EpiPen(Jr): www.epipen.com; for Symjepi: www.symjepi.com.

- **Practice using the trainer** that comes with the prescription. It does not have medicine or a needle. Know how to use it **before** there is an emergency. Teach anyone (relatives, babysitter or teacher) who cares for your child when and how to use the auto-injector.
- **Dosing** is based on a person's weight and the type of auto-injector prescribed.
 - Each brand makes 2 strengths: 0.15mg and 0.3mg
 - Auvi-Q also makes a 0.1mg dose.
- **Giving the injection:**
 - Each auto-injector has its own instructions.
 - Inject into mid-outer thigh (Picture 2).
 - The person getting the injection must be sitting or lying down during and after the injection.
 - If giving epinephrine to a child, hold the leg firmly in place before and during the injection to prevent injuries.
 - Epinephrine can be given through clothing if needed.



Picture 2 Area of the thigh (shaded in gray) to place the pen and inject the medicine.

- **ALWAYS CALL 9-1-1 AFTER USING EPINEPHRINE.** The medicine starts to wear off in 20 to 30 minutes, and the reaction may come back. A second dose can be given in 5 to 10 minutes if your child is not better before help comes. Inhalers, like albuterol, and antihistamines (Benadryl[®]), will not treat severe allergic reactions. You can give them **after** epinephrine is used.

Important points to remember

- **Always carry your epinephrine auto-injector with you** because you may not know when anaphylaxis will happen.
- **The most common causes of death from severe allergies are waiting too long to use the epinephrine during an allergic reaction and not having the injector with you.** If you have questions, be sure to ask your child's health care provider or pharmacist.
- Do not store the auto-injector in a refrigerator or a hot car. Keep it at room temperature. The liquid medicine in the injector should be clear. If it is discolored or has floating specks, get a new injector.
- **Check the expiration date.** Tell the provider or nurse when you need a refill.
- See an allergist if your child has ever had a severe allergic reaction or needed epinephrine.
- Children who have had a severe allergic reaction should wear a medical alert ID bracelet or necklace. You can get one at most pharmacies.
- **If your child has a severe reaction to this medicine, call the Central Ohio Poison Center** at 1-800-222-1222 (TTY 866-688-0088). They will tell you what to do.