

# ANAPHYLAXIS

## How to use an Auto Injector

**How do I use EpiPen® and EpiPen® Jr.** Review the simple 2-steps administration process.

Remove EpiPen® auto-injector from its carrier tube.



- ◆ Hold firmly with orange tip pointing downward.
- ◆ Remove blue safety cap by pulling straight up. Do not bend or twist.



- ◆ Swing and push orange tip firmly into mid-outer thigh until you hear a "click."
- ◆ Hold on thigh for several seconds.

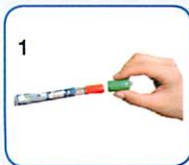


- Built-in needle protection**
- ◆ When EpiPen® is removed, the orange needle cover automatically extends to cover the injection needle, ensuring the needle is never exposed.

**\* After using your EpiPen® or EpiPen® Jr., you must seek immediate medical attention or go to the emergency room. For the next 48 hours, you must stay close to a healthcare facility or be able to call 911.**

**How do I use Twinject® and Twinject® Jr.**

Remove Twinject® auto-injector from its storage tube.



- ◆ Remove first GREEN cap (1) and expose RED tip. **Never place finger or hand over RED tip.**



- ◆ Remove second GREEN cap (2)



- ◆ Place RED tip against mid-outer thigh.
- ◆ Press down hard until auto-injector fires, and count slowly to 10.
- ◆ Remove auto-injector and examine RED tip; if needle is showing, you can tell dose has been injected. Otherwise, repeat step 3.

**\* Give the used Twinject® or Twinject® Jr. to a healthcare worker for proper disposal. Do not throw it away in the trash.**

**\* After using your Twinject® or Twinject® Jr., you must seek immediate medical attention or go to the emergency room. For the next 48 hours, you must stay close to a healthcare facility or be able to call 911.**

**How to Use Allerject™**

Allerject™ contains an electronic voice instruction system to help guide you through each step of your injection. If the voice instructions do not work for any reason, use Allerject™ as instructed in these Instructions for Use. It will still work during an allergic reaction emergency.



- ◆ Pull Allerject™ from the outercase.



- ◆ Pull off RED safety guard.



- ◆ Place BLACK end against the middle of the outer thigh (through clothing, if necessary), then press firmly and hold in place for five seconds.

**\* After using your Allerject™, you must seek immediate medical attention or go to the emergency room. For the next 48 hours, you must stay close to a healthcare facility or be able to call 911.**

## AWARENESS

- See an Allergist for proper diagnosis
- Find out exactly what to avoid, learn about allergies
- Know what to do in an emergency
- Be aware that delayed reactions can occur
- Tell friends, family, colleagues and schools about your allergy

## AVOIDANCE

- Learn to recognize alternative names for food ingredients
- Read labels each and every time
- Don't allow allergic children to share food, drinks, water bottles, etc.
- Wash hands before and after eating
- Clean counters, tables and utensils well to avoid cross contamination

## Education Resources

[www.epipen.ca](http://www.epipen.ca) | [www.twinject.ca](http://www.twinject.ca) | [www.allerject.ca](http://www.allerject.ca) | [www.anaphylaxiscanada.ca](http://www.anaphylaxiscanada.ca) | [www.foodallergy.org](http://www.foodallergy.org) | [www.csaci.medical.org](http://www.csaci.medical.org) (Canadian Society of Allergy & Clinical Immunology). | [www.allergysafecommunities.ca](http://www.allergysafecommunities.ca)

- Be cautious in restaurants; ask questions about ingredients and avoid buffets
- Avoid buying bulk foods and unlabelled foods
- Carry safe snacks when travelling
- If allergic to latex tell medical personnel including your dentist

## ACTION

- Wear a MedicAlert® bracelet and carry an epinephrine auto-injector at all times
- Ensure additional epinephrine auto-injectors are available
- Practice your emergency plan with family, friends, colleagues and schools

# ANAPHYLAXIS

## What is anaphylaxis?

Anaphylaxis is a severe, life threatening, allergic reaction, which may occur in certain people with allergy, after being exposed to a food, medication, insect sting, latex and sometimes exercise. This is a major medical emergency that may affect the whole body. It must be treated right away

## What are the symptoms of severe allergic reaction (anaphylaxis)?

A person with anaphylaxis may have any of these:

FACE	itchy eyes or nose, itchy ears, flushed face, swollen lips or tongue, a metallic taste
THROAT	itchy, tight or hoarse throat, dry or hacking cough, trouble swallowing or choking
SKIN	itchy or red skin, hives, swelling anywhere on the body
CHEST & LUNGS	tightness in the chest, trouble breathing, shortness of breath, wheezing, coughing
STOMACH	stomach pain, nausea, vomiting, diarrhea
ALL OVER	dizziness, fainting, feeling unsteady or sleepy
NOSE	sneezing fits

## How is anaphylaxis treated?

1. If you or another person may be having anaphylaxis, give the epinephrine auto-injector (EPIPEN®/TWINJECT®/ALLERJECT™) right away even if you are not sure. Hesitating to use epinephrine, or not using it at all, can lead to a life-threatening situation. Don't wait.
2. Always go to the hospital as the reaction may get worse. Call 911. Take Ambulance.
3. If there are still symptoms, give another injection from a second epinephrine auto-injector after 15 minutes.

### Before leaving the hospital you may need:

- Determine how many epinephrine auto-injectors you need (check all that apply):
  - more than 1 residence
  - school
  - cottage/vacation home
  - daycare
  - in your bag/ carrier
  - camp
  - work
  - Other
- Prescription for epinephrine auto-injectors x \_\_\_\_\_ (min. of 2)
- ODB form (SAA); completed and signed by physician for epinephrine auto-injectors x \_\_\_\_\_ (min. of 2)
- Appointment/Referral form for Allergist completed and signed by physician
- Auto-injector teaching session by nurse