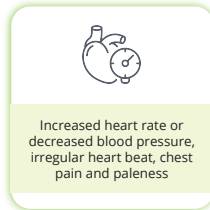
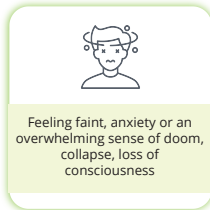
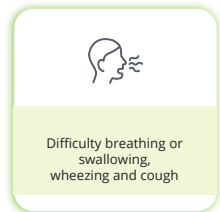
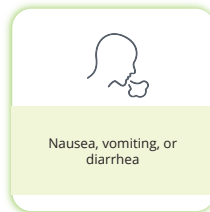
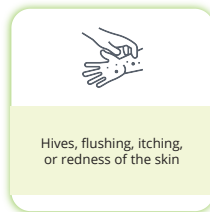
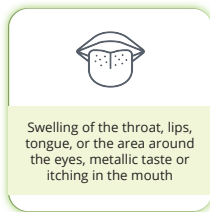


# Your guide to severe allergic reactions and EpiPen®

## What is anaphylaxis?

Anaphylaxis is a severe allergic reaction that occurs when a person is exposed to an allergy trigger, or allergen. When the *allergen* enters the body, chemicals are released that can lead to life-threatening symptoms.\*

These may include:



**Past reactions cannot predict the severity of future reactions.**

Therefore, future reactions can be the same, better or worse than previous reactions.

## How can I be prepared?

There are steps you can take to reduce the risk of a severe allergic reaction, including:

- Understand your allergy triggers and avoid them whenever possible. If you have a food allergy:
  - Always check product labels, and be aware that some ingredients may have alternate names
  - Remember that some food products may contain hidden ingredients
  - Be aware that food in restaurants may have been prepared using utensils or equipment that have come into contact with your allergy trigger
- If you have a latex allergy, read product labels carefully

**You can't always avoid your allergy triggers, but you can be prepared. Carry a non-expired EpiPen® at all times, and see the back of this sheet for helpful instructions on using your auto-injector.**

Learn more about severe allergic reactions at [EpiPen.ca](https://www.epipen.ca)



\*Some symptoms can be life-threatening. EpiPen® is not indicated to prevent death associated with anaphylaxis.

## How does the EpiPen® work?

EpiPen® contains epinephrine, a medication that can help decrease your body's allergic reaction by: relaxing the muscles in your airways so you can breathe more easily, helping to reverse the rapid and dangerous decrease in blood pressure, and relaxing the muscles in your stomach, intestines and bladder.

## When and how do I use EpiPen®?

Remember to carry your EpiPen® at all times and to administer it immediately at the first signs of anaphylaxis.

### Blue to the sky. Orange to the thigh.

To use your EpiPen® auto-injector, follow these 2 simple steps:



- Grasp with orange tip pointing downward
- Remove blue safety cap by pulling straight up – do not bend or twist



- Place the orange tip against the middle of the outer thigh
- Push hard against the leg until you hear a pop, which signals that the injection has started
- Hold in place for 3 full seconds

#### Built-in needle protection

- After injection, the orange cover automatically extends to ensure the needle is never exposed.

After administration, patients should seek medical attention immediately or go to the emergency room. **For the next 48 hours, patients must stay within close proximity to a healthcare facility or where they can call 911.**

## Where and how should I store my EpiPen®?

Keep EpiPen® in your bag or EpiPen® carrier and bring it with you wherever you go, including work, school or daycare, the cottage or camp.

Always store your EpiPen® in the carrier tube with the blue safety release on until you need to use it. Keep your EpiPen® at room temperature, and replace it if the colour or consistency of the clear liquid changes.

#### *It's important to replace your EpiPen® before it expires*

To help keep track of the expiry date, register for the FREE EpiPen® Expiration Reminder Service at EpiPen.ca



[www.EpiPen.ca](http://www.EpiPen.ca)

EpiPen® and EpiPen Jr® are indicated for the emergency treatment of anaphylactic reactions in patients who are determined to be at increased risk for anaphylaxis, including individuals with a history of anaphylactic reactions. Selection of the appropriate dosage strength is determined according to patient body weight. EpiPen® and EpiPen Jr® are designed as emergency supportive therapy only. They are not a replacement for subsequent medical or hospital care. After administration, patients should seek medical attention immediately or go to the emergency room. For the next 48 hours, patients must stay within close proximity to a healthcare facility or where they can call 911. To ensure this product is right for you, always read and follow the label. Please consult the Consumer Information leaflet in your product package for warnings and precautions, side effects, and complete dosing and administration instructions.



EpiPen® and EpiPen Jr® are registered trademarks of Mylan Inc., used under permission by BGP Pharma ULC, a Viatris company. VIATRIS and VIATRIS & Design are registered trademarks of Mylan Inc., used under permission by BGP Pharma ULC, a Viatris company.  
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# A guide to counselling patients on the EpiPen® (epinephrine)



## When counselling patients who are [renewing/picking up] their EpiPen®:

- ✓ **Ask patients if they have had any reactions over the past year.**
- ✓ **Emphasize the unpredictability of anaphylaxis and the importance of carrying a valid EpiPen® at all times.**
  - Inform patients that 3 out of 4 people who experienced anaphylaxis then had another anaphylactic reaction.<sup>1\*</sup>
  - Tell patients that a second reaction can occur up to 38 hours after an initial reaction without additional exposure to the allergy trigger.<sup>2</sup>
- ✓ **Assess patients' confidence level regarding the use of the EpiPen®, and use the attached patient tearsheet to review usage instructions.**

The attached tearsheet can help your patients be prepared in the event of a severe allergic reaction. Review the information when counselling new and existing patients, and remember to distribute the tearsheet to all EpiPen® patients.

## When counselling new patients, use the attached patient tearsheet to:

### Define anaphylaxis and review the symptoms patients may experience.

- Tell patients that having asthma can put them at a higher risk of anaphylaxis.<sup>3</sup>

### Discuss avoidance strategies for food allergies.

- Explain the concept of cross-contamination, and remind patients that contaminated equipment may be used in restaurant food preparation.<sup>4,5</sup>

### Review the simple 2-step EpiPen® auto-injector administration process.

### Stress the importance of carrying a valid EpiPen® at all times.

- Recommend that patients have multiple EpiPens, to be kept in all key locations – e.g., bag/carrier, home, work, school/daycare, etc.
- Review proper storage instructions.
- Remind patients to check the expiry date on their EpiPen® and replace it before that date.<sup>2</sup>

Advise them to register for the FREE EpiPen® Expiration Reminder Service at EpiPen.ca

### Indications and Clinical use:

- EpiPen® and EpiPen Jr® are indicated for the emergency treatment of anaphylactic reactions in patients who are determined to be at increased risk for anaphylaxis, including individuals with a history of anaphylactic reactions.
- Select dose according to patient's body weight. Inject into the outer thigh. Following treatment of anaphylaxis, the patient must call 911.

There are no absolute contraindications to the use of epinephrine in a life-threatening allergic situation.

### Relevant Warnings and Precautions:

- Avoid use of epinephrine in patients with cardiogenic, traumatic, or hemorrhagic shock; cardiac dilation; cerebral arteriosclerosis; organic brain damage, and narrow-angle glaucoma
- Use with caution in patients with cardiac arrhythmias; coronary artery or organic heart disease; hypertension and hyperthyroidism

- Sulfite sensitivity
- Diabetes
- Parkinson's disease
- Not intended as a substitute for immediate medical care, the patient should seek immediate medical or hospital care
- More than two sequential doses of epinephrine should only be administered under direct medical supervision
- The patient/carer should be informed about the possibility of biphasic anaphylaxis
- Epinephrine should only be injected into the anterolateral aspect of the thigh. Hold child's leg firmly during injection
- Suboptimal effect in patients with a thick subcutaneous fat layer
- Injection site infections

### For More Information:

Please consult the product monograph at <https://health-products.canada.ca/dpd-bdpp/index-eng.jsp> for more information relating to adverse reactions, drug interactions, and dosing information, which has not been discussed in this piece. The prescribing information is also available by calling 1-844-596-9526.

### References:

1. Kemp SF, Lockey RF, Wolf BL, et al. Anaphylaxis. A review of 266 cases. *Arch Intern Med.* 1995;155:1749–1754.
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3. EpiPen emergency treatment for anaphylaxis EpiPen® expiry reminder: [www.myeipen.com.au](https://www.myeipen.com.au). Available at: <https://www.myeipen.com.au/en-AU>. Accessed on 05 September 2024.
4. ACAAI. Food allergy. Available at: <https://acaai.org/allergies/allergic-conditions/food/>. Accessed on 25 September 2024.
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