

EPI-PEN INFORMATION SHEET

The Epi-pen is the drug of choice for emergency treatment for severe allergic reactions (anaphylaxis) to insect bites, foods, drugs, and other allergens. Used on adults and children **with a known history of anaphylaxis** when symptoms of anaphylaxis occur immediately after an exposure to a known allergen. Epinephrine (the drug contained in the Epi-pen counteracts the signs and symptoms of Anaphylaxis (severe allergic reaction).

Signs and symptoms of Anaphylaxis; (may appear within minute after exposure).

- wheezing/dyspnea (difficulty with breathing) associated with bronchial spasm
- Flushing
- Apprehension
- Syncope (fainting)
- Tachycardia (rapid heart rate)
- Thready or unobtainable pulse associated with a drop in blood pressure
- Vomiting, diarrhea, abdominal cramps
- Rashes and edema (swelling)

Directions for using the Epi-pen auto-injector:

1. Pull off gray safety cap at the end of the Epi-pen.
2. Place black tip on outer thigh (can be administered through heavy clothing, i.e. jeans) at right angle to leg.
3. Using quick motion press hard into thigh until auto-injector mechanism functions (you will hear a click). Hold the Epi-pen in place for 10 seconds. Then remove and discard.

Reactions to Epinephrine:

Remember Epinephrine is essential for those people with a known history of anaphylaxis. These are some of the reactions you may see in a child that has had Epinephrine:

- Tachycardia (rapid heart rate)
- Sweating
- Tremors
- Headache
- Nervousness and Anxiety

Any person that has been stung by an insect or suspected of having an allergic reaction should be watched closely. The person should be observed for at least 30 minutes following such an exposure.

It is imperative that any person, following an Epi-pen injection, must have follow up medical attention due to possible repeat allergic reactions.

Safe Storage of Epi-pen:

Keep the Epi-pen in a cool dark place away from heat and light. Check expiration dates to keep the medication current. Check the window and the fluid inside the Epi-pen should be clear, if the fluid is discolored in any way, or if there is solid particles in the fluid **DON'T NOT USE, OBTAIN A NEW Epi-pen.**

EPI-PEN USE

It is known that each year thousands of children playing on school grounds are stung by stinging insects (honeybees, yellow jackets, and wasps). Some of these students react to stings with severe allergic symptoms. Over on half of the children who have life threatening reactions to insect stings have never had a reaction before. A few of them die! These severe reactions occur within a few minutes of the sting. There often isn't time to wait for transportation to a hospital before acting to stop the reaction. The hives, wheezing or vomiting may begin immediately. Children can also have a severe allergic reaction to foods, drugs, and other allergens.

The school district is permitted, under Education Code Section 49423 to designate school personnel to administer medication to a pupil providing the following:

1. The medication is prescribed by a Physician.
2. A written statement is obtained from a physician that details the method, amount, and time when the medication is to be taken.
3. A written statement is obtained from the parent or guardian of the pupil which authorizes the school personnel to assist the pupil in receiving the medication.

In regard to any possible systemic reaction of a student attending the _____, School District, _____, M.D. authorize emergency treatment consisting of an Epi-pen containing a one-time dose of _____cc epinephrine, providing school personnel have been adequately trained to give such treatment on at least an annual basis. Written authorization to administer the Epi-pen will be requested from the parent or guardian.

EPI-PEN DOSAGE;

0.3 MG USUAL ADULT DOSAGE

0.15 MG (Epi-pen Jr.) is the usual pediatric dose and frequently more appropriate for patients weighing less than 30 kg.

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SUMMARY

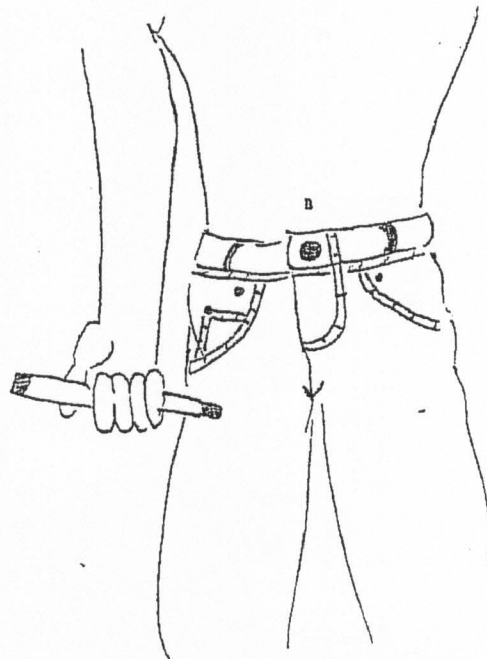
Ordinarily a child's individual physician will prescribe the Epi-pen, however, a Maternal/Child Health Officer can prescribe for schools that need an Epi-pen on hand for emergency situations. Each school district will need to approve such use of the Epi-pen on an individual basis.

HOW TO GIVE AN EPI-PEN INJECTION

DIRECTIONS FOR USING THE EPI-PEN AUTO INJECTOR:

1. Pull off gray safety cap at the end of the Epi-pen.
2. Place black tip on outer aspect of thigh at right angle to leg, the Epi-pen can be used through clothing, i.e., jeans.
3. Using quick motion press hard into thigh until auto-injector mechanism functions (you will hear a click). Hold epi-pen in place for 10 seconds.
4. Guard needle and dispose appropriately in a sharps container.
5. Stay with person and observe until paramedics and parents/guardian arrive.

SAFETY CAP → → →



TRAINED STAFF MEMBERS

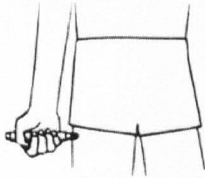
1. _____ Room _____
2. _____ Room _____
3. _____ Room _____

EpiPen® and EpiPen® Jr. Directions

- Pull off gray activation cap.



- Hold black tip near outer thigh (always apply to thigh).

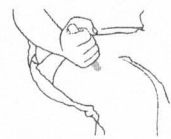


- Swing and jab firmly into outer thigh until Auto-Injector mechanism functions. Hold in place and count to 10. Remove the EpiPen® unit and massage the injection area for 10 seconds.

Twinject® 0.3 mg and Twinject® 0.15 mg Directions



- Remove caps labeled "1" and "2."
- Place rounded tip against outer thigh, press down hard until needle penetrates. Hold for 10 seconds, then remove.



SECOND DOSE ADMINISTRATION:

If symptoms don't improve after 10 minutes, administer second dose:

- Unscrew rounded tip. Pull syringe from barrel by holding blue collar at needle base.
- Slide yellow collar off plunger.
- Put needle into thigh through skin, push plunger down all the way, and remove.



Once EpiPen® or Twinject® is used, call the Rescue Squad. Take the used unit with you to the Emergency Room. Plan to stay for observation at the Emergency Room for at least 4 hours.

For children with multiple food allergies, consider providing separate Action Plans for different foods.

***Medication checklist adapted from the Authorization of Emergency Treatment form developed by the Mount Sinai School of Medicine. Used with permission.*

