INSTRUCTIONS FOR EPINEPHRINE PENS

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

• Pull off green end cap, then red end cap.

• Put gray cap against outer thigh, press firmly until needle penetrates. Hold for 10 seconds, then remove.

Second Dose Administration:

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

• Unscrew gray cap and pull syringe from barrel by holding blue collar at needle base.
• Slide yellow or orange 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.

Figure 23.1 Instructions for using epinephrine pens. Copyright ©2012 National Association of School Nurses