

EPIPEN®

EPIPEN® Jr

Adrenaline (epinephrine) Auto-Injectors 0.3/0.15mg

A guide for you and your loved ones at
increased risk of anaphylaxis

LIFE HAPPENS.
Be Prepared.



What is ANAPHYLAXIS?

Anaphylaxis (a-na-fi-LAX-is) is the medical term for a life-threatening allergic reaction that can occur within minutes after your immune system mistakenly overreacts to certain allergens.¹⁻³

What causes Anaphylaxis?

Anaphylaxis can be caused by a number of allergens, including:⁴⁻⁹



PEANUTS



TREE NUTS



MILK



EGGS



STINGING INSECTS



MEDICATIONS



SHELLFISH



FISH



WHEAT



SOY



LATEX



EXERCISING

What should YOU BE AWARE OF?

Having other conditions can increase your risk of developing anaphylaxis or developing severe symptoms during anaphylaxis, such as:^{7,10}



ASTHMA



ECZEMA



SEVERE ALLERGIC RHINITIS

(symptoms include sneezing, itchy, watery nose and/or eyes)

If you've experienced anaphylaxis before, you're at higher risk of experiencing it again.²



What symptoms should **YOU LOOK FOR?**^{1,7}

It's important to know what to look for, especially



Only a health care professional can assess the risk of having a life-threatening allergic reaction (anaphylaxis). This information is provided for your education and is not a substitute for diagnosis by a health care professional.

How serious can **SYMPTOMS BE?**

Symptoms in the throat, lungs and heart can be life-threatening². Only a few symptoms may be present, and the severity of symptoms can change quickly¹. Be sure to act fast.

Be aware—an allergen that causes a mild reaction one time could be life-threatening the next.²

If you experience an anaphylactic reaction, use your EpiPen® Auto-Injector prescribed by your healthcare professional and seek immediate emergency medical attention.^{2,11,12}

Adrenaline is the **ONLY** first-line emergency treatment for anaphylaxis.¹² Oral antihistamines treat itching and hives, but do not treat the life-threatening symptoms of anaphylaxis.¹³



How do you **REDUCE THE RISKS?**

Avoiding known allergens is the best way to help prevent anaphylaxis²

Know your allergens^{1,2}

- Find out everything you need to know about your allergens and how to tell others about them
- Learn how to read food and product labels to spot a known allergen

Do everything possible to avoid them^{1,2}

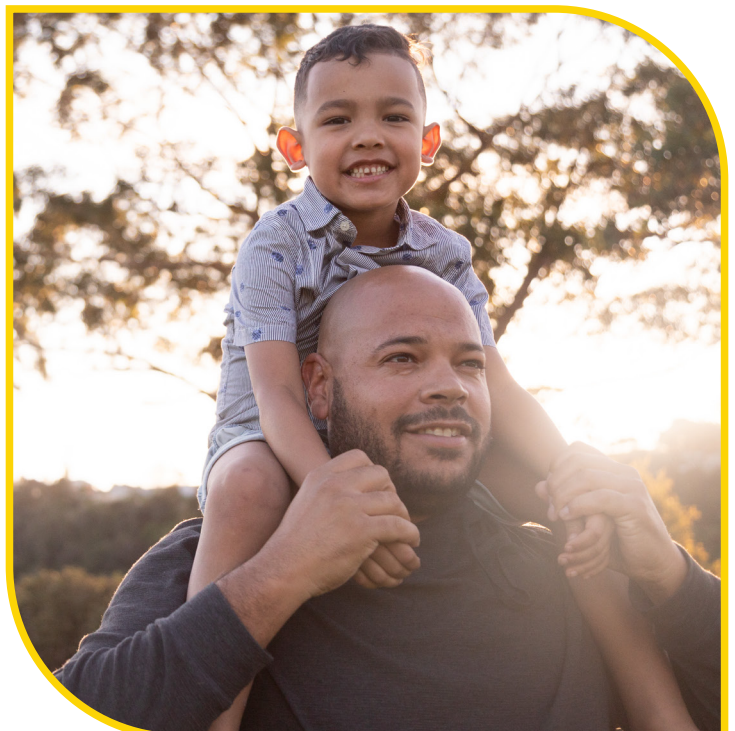
- Make sure that school personnel, family members, babysitters or anyone else who may be responsible for the care of your child knows what allergens your child needs to avoid
- When cooking and preparing food, take steps to avoid allergens
- Plan ahead when eating out or travelling. Inform restaurants and airlines about any known allergens and ask about their food allergy policy

If you experience anaphylaxis, use your EpiPen® Auto-Injector immediately and seek medical attention by calling 111. EpiPen® is not a substitute for emergency medical/hospital care.^{11,12}

Life happens.
Be prepared.

Being prepared means having a plan to:^{1,2,11,12}

- Avoid known allergens
- Know what symptoms to watch out for
- Use an EpiPen® Auto-Injector if a life-threatening (severe) allergic reaction occurs
- Call 111 and get emergency medical help right away



What are the key features of EPIPEN® AUTO-INJECTOR?^{11,12}

Blue
safety-
release cap

Ergonomically
designed grip

Easy-to-follow
instructions

Expiry
date
displayed
on side

Never-See-
Needle®
built-in
protection

Brightly
colored
orange tip



2 simple steps
to use your
EpiPen®
Auto-Injector:

1
BLUE TO
THE SKY



2
ORANGE TO
THE THIGH



Form a fist around EpiPen® Auto-Injector with the orange tip pointing downward. Pull off **blue safety cap** by pulling straight up, do not bend or twist.

If you are using EpiPen® Auto-Injector on yourself or someone else, lie flat or sit if breathing is difficult but do not stand.

Place the **orange tip** against the middle of the outer thigh at a right angle (90-degree angle). Push the Auto-Injector firmly into the thigh until a click is heard or felt. Hold firmly in place for approx. **3 seconds and then remove. After using your EpiPen® Auto-Injector, always seek medical attention – call 111**

People who join MyEpiPen® can receive the following resources and support:



EpiPen®
Auto-Injector
Expiry Reminder
Service



How to use
videos –
Translations
available



Welcome kit
and EpiPen®
training device



Anaphylaxis
and allergy
educational
resources



Living with
the risk of
anaphylaxis



Member
newsletters



For more information or to register your
EpiPen® Auto-Injector for expiry
reminders scan the QR code or visit
www.myepipen.co.nz

EPIPEN® (adrenaline 300 mcg/0.3 mL) & EpiPen® Jr (adrenaline 150 mcg /0.3 mL) Auto-Injector. Restricted Medicine. Your pharmacist's advice is required. For the immediate emergency treatment of a severe allergic reaction (also known as anaphylaxis). Always read the label. Use only as directed. EPIPEN® is not a substitute for emergency medical/hospital care. Call 111 immediately after administering EPIPEN®. If symptoms persist see your doctor. EpiPen® is a fully funded medicine subject to Special Authority and meeting the eligibility criteria. Consumer Medicine Information is available at www.medsafe.govt.nz.

References:

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