When should I use my EpiPen?

If you or your child has been diagnosed with an anaphylactic condition, you need to give epinephrine at the first sign of a reaction without waiting to see if it will worsen. If there are no symptoms present, give Benadryl and watch for signs. (Signs of anaphylactic reactions are listed in accompanying brochure)

How long will one dose be effective for?

The dose is probably effective for up to an hour. If symptoms are still present or worsening after 10-20 minutes, a second dose should be administered. Most anaphylactic reactions will be controlled by the early injection of one dose of epinephrine. It is recommended, however, that at least two doses be kept on hand at all times or one dose for every 10-20 minutes of travel time to a medical facility.

What are the side effects of epinephrine?

Fast heart rates, paleness, dizziness, weakness, tremor, headache, throbbing, restlessness, anxiety and fear.

What are the risks of epinephrine?

When used to treat a life-threatening reaction, there are no real contraindications to the use of epinephrine. Adults who are on medication such as beta blockers for heart problems or have significant health problems such as heart disease, need to check with their physician about the potential for adverse effects.
When does my child switch from Epipen Jr.® to a regular Epipen®?

The general recommendation is that children begin to use the adult Epipen® when their weight is between 15 to 30 kilograms (33 to 66 lbs). If your child is in between these weights, an EpiPen adult is advised if any of the following apply to your child:

- Peanut, tree nut, milk, egg, fish or seafood anaphylaxis
- Poor access to emergency medical services
- Concurrent diagnosis of asthma

**Discuss with your physician if your child falls in between these weights**

Where should I keep my Epipens®?

It is recommended that anaphylactic or potentially anaphylactic people carry their epinephrine with them at all times.

How many Epipens® should I carry?

There should be at least two doses of epinephrine available at all times. A second dose could be required 10-20 minutes after the first if the reaction is continuing. This situation could occur if the reaction is very severe, the dose given is inadequate or the injector is faulty. This needs to be discussed with your allergist.

Do I have to take any precautions with the epinephrine?

The EpiPen needs to be stored at a temperature between 15-30°C. The EpiPen should not be refrigerated. The EpiPen can't be left in a car during a heat wave or a cold snap. Check your solution regularly to ensure that there is no brown discoloration or precipitate. The EpiPen expires so check expiry dates on your device.

I used the Epipen®, but there seemed to be some solution still in the device. Did I not inject it properly?

It may be worth noting that as each Epipen® and Epipen® Jr. contains 2 ml of solution there will be 1.7 ml remaining after injection.