How to Use an EpiPen® Auto-Injector or Mylan’s Injectable Epinephrine (generic EpiPen®)

Epinephrine or adrenalin treats a severe allergic reaction called anaphylaxis. Using an EpiPen® or Mylan’s Injectable Epinephrine can be done at home safely with proper care and technique. This handout will guide you through the steps to give yourself an injection. If you have any questions or concerns, please ask your doctor or nurse.

**Supplies**

EpiPen® Auto-Injector or Mylan’s Injectable Epinephrine

**Steps**

1. Pull out blue safety cap only when you are ready to use the pen.
2. Place the orange tip about 4-6 inches from the outer thigh.
3. Using a quick motion, bring the pen into the thigh pressing firmly until you hear a “click”.
4. Hold the auto-injector against the thigh for 3 seconds.
5. The auto-injectors may be given through clothing if needed.
6. After using, seek emergency help right away by either dialing 911 or going to the emergency room or urgent care clinic.
Note

- Epinephrine should be stored in a dark place at room temperature. Avoid direct sunlight. Do not refrigerate or expose to temperatures over 86° F.

- Inject epinephrine **ONLY** into the muscle on outside of thigh (see gray colored areas on picture).

- EpiPen® and Mylan’s Epinephrine Injection auto-injectors come in two doses. One for young children and one for older children and adults.

- Teach family members or others how to inject the medicine in case you can’t do it yourself.

- Give used auto-injectors to the Urgent Care Clinic or Emergency Room staff.

- Know when your Epi-Pen expires. It will start to lose strength after it expires.

- Side effects may include:
  - shakiness
  - fast heartbeat
  - nervousness
  - anxiety

- Side effects may be uncomfortable, but only last for about 20 minutes.

- If you are pregnant, have heart disease or high blood pressure, or are taking a beta blocker medicine, please let the clinic staff know.

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person’s health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright ©8/2017. University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing. HF#5895.