Please remember to inform us if you change address. Tel No.:

Your Mailing Address: Your Doctor’s Address:

Your Full Name: Your Doctor’s Name:

Lot No.: Expiry Date:

Please print clearly in capital letters.

EpiPen® Expiry Date Alert Form

EpiPen Alert Service, Meda Pharmaceuticals Ltd, Skyway House, Parsonage Road, Takeley, Bishops Stortford, CM22 6PU.

It is important that your EpiPen® should be replaced before the expiry date marked on the label. For your safety and convenience, Meda offers all patients prescribed EpiPen an expiry date alert service. We will contact you to remind you to renew your EpiPen® before it expires.

EpiPen® Expiry Date Alert Service

What EpiPen® contains

The active substance is adrenaline 0.3 mg (300 microgram).

The other ingredients are: Sodium Chloride, Sodium Metabisulphite (E223), Hydrochloric Acid, Water for Injections.

What EpiPen® looks like and contents of the pack

Clear and colourless solution in a pre-filled pen (Auto-injector).

The Auto-injector (single-dose) contains 2 ml solution for injection. Each auto-injector delivers one single dose (0.3 ml) of adrenaline.

The exposed needle length is approximately 16 mm for EpiPen.

Marketing Authorisation Holder and Manufacturer

Marketing authorisation holder:
Meda Pharmaceuticals Ltd, Skyway House, Parsonage Road, Takeley, Bishops Stortford, CM22 6PU

Manufacturers: MEDA Pharma GmbH & Co. KG, Benzstrasse 1, 61352 Bad Homburg, Germany

This leaflet was last revised in February 2016

If you have any questions, see the package leaflet, or write to:
Meda Pharmaceuticals Ltd, Skyway House, Parsonage Road, Takeley, Bishops Stortford, CM22 6PU, United Kingdom.
3. How to use EpiPen

When your doctor prescribes EpiPen®, you must make sure you understand the reason it has been prescribed for you. You should be confident that you know exactly how and when to use it. Always use EpiPen® exactly as your doctor or pharmacist has told you. If you are at all unsure about how to use it, ask to have the instructions repeated by your doctor, nurse or pharmacist. It is recommended that your family members, carers or teachers are also instructed in the correct use of EpiPen.

If you have been stung by an insect, try to remove the stinger with your fingernails – do not squeeze, pinch or push it deeper into the skin. If possible, put an ice pack on the area of the sting. Keep warm and avoid exercise. For allergic reactions caused by foods make sure you remove any remaining food from the mouth immediately.

EpiPen® is intended to be used by people with a body weight above 25 kg (3 stone 13 lbs). For persons weighing less than 25 kg (3 stone 13 lbs), EpiPen Jr. may be more appropriate for use.

Dosage

The dose will be decided by your doctor, who will adjust it individually for you. The usual adult dose for allergic emergencies is 0.3 mg adrenaline for injection into muscle (intramuscular use). If you notice the signs of an acute allergic reaction, use EpiPen® immediately, through your clothing if necessary.

Each EpiPen® Auto-injector delivers one single dose of 0.3 ml liquid which is equal to 0.3 mg (300 micrograms) adrenaline. After use a volume of 1.7 ml will remain in the Auto-injector but this cannot be reused.

Sometimes a single dose of adrenaline may not be sufficient to completely reverse the effects of a serious allergic reaction. For this reason, your doctor is likely to prescribe more than one EpiPen® for you. If your symptoms have not improved or have deteriorated within 5-15 minutes after the first injection, either you or the person with you should give a second injection. For this reason you should carry more than one EpiPen® with you at all times.

Method of administration

The EpiPen® is designed to be used easily by people without medical training. EpiPen® should simply be jabbed firmly against the outer portion of the thigh from a distance of approximately 10 cm (4 inches). There is no need for precise placement in the outer portion of the thigh. When you jab the EpiPen® firmly into your thigh, a spring activated plunger will be released, which pushes the hidden needle into the thigh muscle and administers a dose of adrenaline. If you are wearing clothes the EpiPen® can be injected through the clothes.

The instructions for use of the EpiPen® given below must be carefully followed. EpiPen® should only be injected into the outer thigh. It should not be injected into the buttocks (your bottom).

Directions for use

Before you ever need to use it, fully familiarise yourself with the EpiPen®, when and how it should be used (refer to diagram 1).

Follow these directions only when ready to use. Hold the EpiPen® by the middle, never by the ends.

For proper administration, look at the diagrams and follow these steps:

- Never put thumb, fingers or hand over the orange tip.
- Do not remove blue safety cap until ready to use.

As the EpiPen® is designed as emergency treatment only, you should always seek medical help immediately after using EpiPen®, by dialling 999, ask for ambulance and state ‘anaphylaxis’ even if symptoms appear to be improving. You will need to go to hospital for observation and further treatment as required. This is because the reaction may happen again at some time later.

While waiting for the ambulance, you should lie down with your feet raised unless this makes you breathless in which case you should sit up. Ask someone to stay with you until the ambulance arrives in case you feel unwell again.

1. Grasp EpiPen in dominant hand (the hand you use to write), with thumb nearest blue cap and arm flat around unit (orange tip down)

2. With other hand pull off blue safety cap

3. Hold the EpiPen at a distance of approximately 10 cm away from the outer thigh. The orange tip should point towards the outer thigh.

4. Jab the EpiPen firmly into outer thigh at a right angle (90 degree angle) (listen for click)

5. Hold firmly against thigh for 10 seconds. The injection is now complete and the window on the auto-injector is obscured.

6. EpiPen should be removed (the orange needle cover will extend to cover needle) and safely discarded.

7. Massage the injection area for 10 seconds. Dial 999, ask for ambulance, and state anaphylaxis.

Diagram 1

1. Grasp EpiPen in dominant hand (the hand you use to write), with thumb nearest blue cap and form flat around unit (orange tip down)

2. With other hand pull off blue safety cap

3. Hold the EpiPen at a distance of approximately 10 cm away from the outer thigh. The orange tip should point towards the outer thigh.

4. Jab the EpiPen firmly into outer thigh at a right angle (90 degree angle) (listen for click)

5. Hold firmly against thigh for 10 seconds. The injection is now complete and the window on the auto-injector is obscured.

6. EpiPen should be removed (the orange needle cover will extend to cover needle) and safely discarded.

7. Massage the injection area for 10 seconds. Dial 999, ask for ambulance, and state anaphylaxis.
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**COLOURS USED:**
- Cyan
- Magenta
- Yellow
- Black
- Pantone 116
- Pantone 186

**COUNTRY:** United Kingdom UK

**LANGUAGE:** English

**APPROVED**

*By Amanda Wildgoose at*