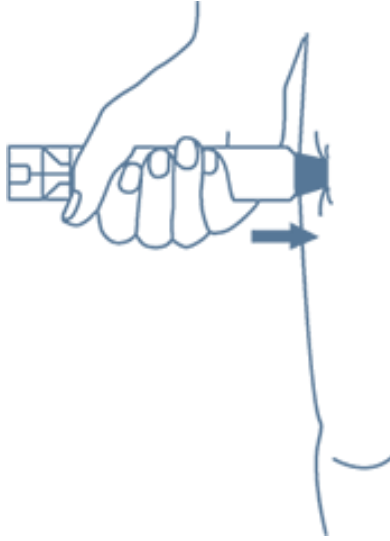




تجمع الرياض الصحي الثاني
Riyadh Second Health Cluster
شركة الصحة القابضة



Epinephrine Auto-Injector (Patient's education)

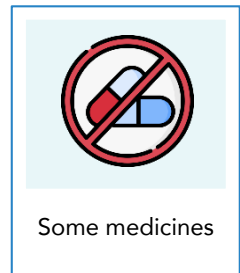
What is this epinephrine auto-injector?

A single use medication with an addressed dose that you can inject yourself or someone else in case of severe allergic reactions (anaphylaxis).

Anaphylaxis is a medical emergency, usually manifested by difficulty breathing and/or swelling of the face, lips, and throat, in addition to itchy hives caused by food, medications, latex, insect stings, or an unknown trigger to which you are allergic.

When to use?

Use this device to stop a severe allergic reaction.



Some signs of a severe allergic reaction include the following:

- Difficult breathing.
- Tight, hoarse, or scratchy throat
- Wheezing, persistent coughing, or shortness of breath

- Feeling lightheaded, fainting, experiencing a weak pulse, or having low blood pressure
- Swollen tongue, slurred speech, or a blue tint around the lips
- There could be severe swelling or itching of the face, scalp, arms, or legs, or large hives all over the body. (you may not require epinephrine for hives alone if there are no other allergic symptoms present.)



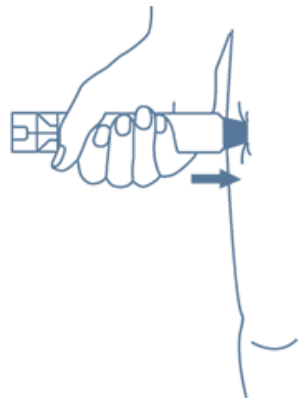
How should I use this medication?

In sitting or lying down position inject the medicine at front or side of the thigh muscle.


Step 1: Hold the pen with your dominant hand (the hand you use to write with) and the **yellow cap** closest to your thumb.

Step 2: Remove the **yellow cap** with the other hand.

Step 3: At a 90-degree angle (right angle), insert the injection site (**black cap**) into the mid-outer thigh.



Step 4: Press down hard (until you hear a click) and hold firmly against the thigh for 10 seconds to deliver the medicine. Then you can safely remove the injector (**the black tip will automatically extend, hiding the needle**).

Step 5: Massage the injection area for 10 seconds and seek medical attention immediately .

Note: If symptoms did not improve 5-15 minutes after injection, you can use the other auto injector (upon arrival at the emergency department, you must inform the healthcare provider of how many auto injectors you used).

Each visit, your healthcare provider will teach you these steps to ensure appropriate use.



Recommendations:



- To avoid accidental injection, never put your thumb, fingers, or hand over the injection site **(black cap)**. If an accidental injection happens, [get medical help right away.](#)
- The person getting the injection must be sitting or lying down during and after the injection.

- If necessary, you can administer epinephrine through your clothing.
- Prior to an emergency, familiarize yourself with its use. Teach anyone who cares for or lives with you when and how to use the auto-injector (relatives, sitters, caregivers, friends, coworkers, or teachers).

Where should I keep my medication?

- You should keep it with you **at all times** (home, school, work, attending parties, traveling, on airplanes, during exercise, at restaurants, etc.).

- Store at room temperature (between 20 and 25 degrees C).
- Protect from light.
- Keep it away from children.
- Get rid of any unused medication after the expiration date and ask your health care provider for a refill.

Important points to remember:



- Always carry your epinephrine auto-injector with you, because you may not know when anaphylaxis will occur.
- Do not store the auto-injector in a refrigerator or a hot car. Keep it at room

temperature. The liquid medicine in the injector should be clear. Replace the injector if it displays discoloration or floating specks.

- **Check the expiration date regularly.** Tell the provider or nurse when you need a refill.
- **The most common causes of death from severe allergies include waiting too long to use the epinephrine during an allergic reaction and not having the injector with you.**
- If you have questions, be sure to ask your health care provider.

لأن الوعي وقاية

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