

On the spot treatment for anaphylaxis – a severe allergic reaction

EpiPen contains adrenaline, the first line treatment for serious allergic reactions (anaphylaxis).

Administration of adrenaline is recommended as soon as initial signs of anaphylaxis occur – regardless of the severity².

Ready for quick action

Immediate access to an EpiPen auto injector is critical. At the onset of anaphylaxis, you can quickly and easily self-administer EpiPen® in two simple steps, providing time to seek life-saving medical assistance.

Available in two presentations

EpiPen Jr, for children weighing between 15-30kg;



EpiPen, for children and adults weighing over 30kg.



Storage: Store your EpiPen below 25°C. Do not refrigerate.

Robust carrier

EpiPen comes safely housed in a convenient, flip top carrier case, ensuring full protection and portability.



Useful Resources

Allergy New Zealand Inc

A national membership-based, not-for-profit society providing information, education, and support to New Zealanders living with allergies, including those at risk of anaphylaxis.

Website: www.allergy.org.nz

Australasian Society of Clinical Immunology and Allergy (ASCI)

Website: www.allergy.org.au

EpiClub®

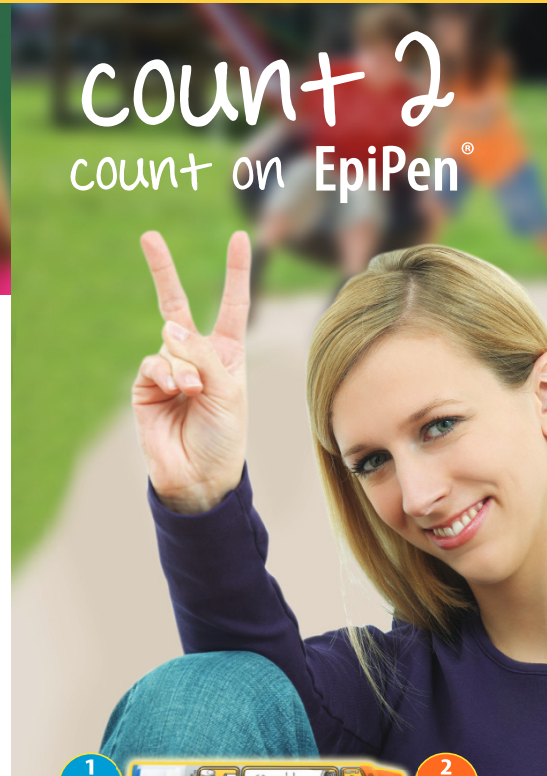
An online educational and reminder service

Website: www.epiclub.co.nz

References:

1. NPS RADAR. Adrenaline (EpiPen) auto-injector for acute allergic anaphylaxis. www.npsradar.com.au.
2. Kemp SF, et al. Allergy. 2008;63:1061-1070
3. EpiPen approved (M12010).

EpiPen is used for the emergency treatment of anaphylaxis (acute severe allergic reactions) due to insect stings or bites, foods, medications or other allergens. EpiPen is an unfunded medicine. Patients are required to pay the full cost. EpiPen (Adrenaline 300 µg / 0.3 ml) and EpiPen Jr (Adrenaline 150 µg / 0.3ml) are Pharmacist Only Medicines. Medicines have benefits and some may have risks. Always read the label carefully and use strictly as directed. If symptoms persist or you have side effects, consult your doctor, pharmacist or health professional. Ask your doctor or pharmacist if EpiPen is right for you. Full Consumer Medicine Information (CMI) is available from Mylan New Zealand Ltd or on the Medsafe website www.medsafe.govt.nz. EpiPen is a registered trademark of Mylan Inc. Marketed by Mylan New Zealand Ltd, Auckland. TAPS NA4933



Don't take the risk



What is anaphylaxis?



Anaphylaxis is a severe and sudden allergic reaction. It occurs when a person is exposed to an allergen (such as food or an insect bite). Although death is rare, an anaphylactic reaction always requires an emergency response. Prompt treatment with injected adrenaline is required to halt progression and can be life saving.

Common anaphylaxis-causing allergens are:

- foods (e.g. peanuts and nuts, shellfish, fish, milk and egg)
- insect stings (e.g. bee, wasp)
- medications (e.g. antibiotics, aspirin)
- latex (e.g. rubber gloves, balloons, swimming caps)

Who is at risk of anaphylaxis?

Children and adults who are highly allergic to any of the above allergens are at risk of anaphylaxis if exposed. Those who have had a previous anaphylactic reaction are at increased risk.

How can I recognise an anaphylactic reaction?

Initial symptoms may appear within a few seconds or up to several hours after exposure.

Common symptoms are:

- Itching, hives or rash
- Swelling of the tongue, lips, eyes or face
- Coughing, wheezing, difficulty breathing or tightness of the chest
- Fainting, dizziness or weak pulse
- Nausea, vomiting, abdominal cramps
- Distress, anxiety, sense of dread

How can I prevent anaphylaxis?

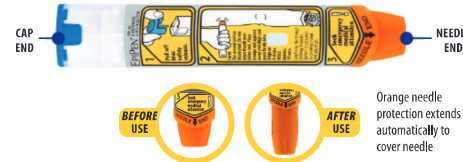
The best way to prevent anaphylaxis is to avoid the substances and situations that trigger severe allergic reactions. However, avoiding allergens completely is not always possible. Be prepared by carrying an EpiPen with you at all times.

Using your EpiPen®

2 simple steps^{2,3}



Ensure you know how to administer an EpiPen and you know which end is the needle end. (See below)



It is important to practise with an EpiPen training device so that you are prepared if an emergency occurs.

Use an EpiPen training device to demonstrate to carers, work colleagues, friends and family, so they are familiar with how to administer an EpiPen. These are available from your pharmacist or doctor.

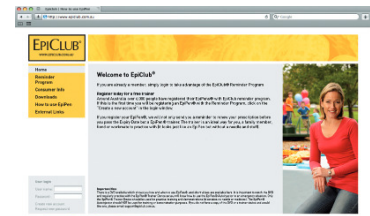
Unlike the actual EpiPen, the EpiPen training device does not contain adrenaline or have a needle. It does however 'click' so you can practice the level of pressure required when administering to the outer thigh.

'How to use EpiPen' demonstration videos are available at EpiClub, a free online anaphylaxis educational resource. Become a member of epiclub.co.nz and receive a FREE EpiPen training device. Ask your pharmacist or doctor to demonstrate to you how to use an EpiPen and practise the two simple steps shown above with your training device on a regular basis.

+Once the EpiPen has been administered seek medical attention promptly.

EpiClub®

www.epiclub.co.nz



EpiClub is an online educational resource where you can access additional information about anaphylaxis. It also provides a FREE reminder service to help remind you when your EpiPen is about to expire and needs to be replaced.

Always be aware of your expiry date

Your EpiPen auto injector contains the life-saving medication adrenaline and its activity cannot be guaranteed beyond the expiry date. The expiry date can be found on the side of the EpiPen.

To help ensure that your EpiPen is in date, it is a good idea to register in the EpiClub Reminder Program.

How to register

Log on to www.epiclub.co.nz or complete the enrolment form found in the EpiPen pack to register your pen(s). When you register with EpiClub you will receive a welcome pack that includes a free EpiPen training device.

How to obtain an EpiPen®

EpiPen is a Pharmacist Only Medicine, which means you can purchase from your pharmacist or from your doctor. Ensure you are prepared with EpiPens in various locations - at home, at work, at school.

For more information

See www.mylan.co.nz

