

How to Use the EpiPen® Trainer Pen

The **Trainer Pen** is easily distinguishable from the **EpiPen®**.

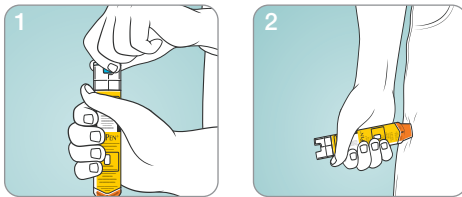
The label clearly states 'EpiPen® Trainer' and is pale blue/grey in colour.

The **Trainer Pen** is:

- reusable and allows you to practise as many times as you wish

TO USE THE TRAINER PEN

1. Remove the blue safety cap.
2. Jab the orange tip firmly into the outer thigh. Hold in place for 3 seconds.
3. Remove Trainer Pen.



To practise again, the **Trainer Pen** must be reset.

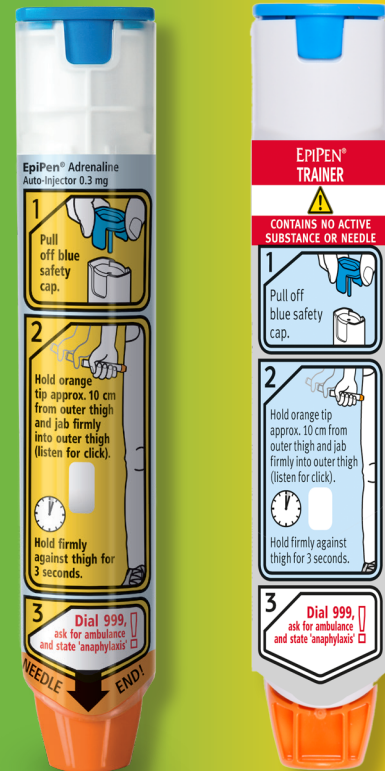
TO RESET THE EPIPEN® TRAINER PEN

1. Replace the blue safety cap.
2. Place the orange tip on a hard surface, squeeze the sides of the orange tip and push down.

You can use an **Trainer Pen** to demonstrate to carers, work colleagues, friends and family, so they are familiar with how to administer an **EpiPen®**.

EPIPEN® EPIPEN® Jr
(Adrenaline) Auto-Injectors 0.3/0.15mg

Guide to Using Your EpiPen® Auto-Injector & Trainer Pen



EpiPen®

Trainer Pen

How to use EpiPen® or EpiPen® Jr

Remove the **EpiPen®** from the carry case. Lie down with your legs slightly elevated to keep your blood flowing or sit up if breathing is difficult.

1

Pull off Blue Safety Cap.

Grasp **EpiPen®** in dominant hand, with thumb nearest blue cap and form fist around **EpiPen®** and pull off the blue safety cap.

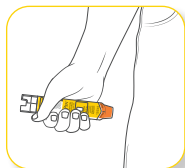
Remember: "Blue to the sky, orange to the thigh".



2

Position Orange Tip.

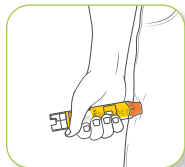
Hold the **EpiPen®** at a distance of approximately 10 cm away from the outer thigh. The orange tip should point towards the outer thigh.



3

Jab Orange Tip.

Jab the **EpiPen®** firmly into outer thigh at a right angle (90° angle). Hold firmly against thigh for 3 seconds. **EpiPen®** should be removed and safely discarded. The orange needle cover will extend to cover the needle.



4

Dial 999.

Dial 999, ask for ambulance and state "anaphylaxis".



All instructions are the same for **EpiPen®** and **EpiPen® Jr**

Adverse events should be reported.

Reporting forms can be found at www.yellowcard.gov.uk or search for MHRA Yellow Card in Google Play or Apple App Store. Adverse events should be reported to Mylan, Building 4, Trident Place, Hatfield Business Park, Mosquito Way, Hatfield, Hertfordshire, AL10 9UL, or phone no. +44 (0) 0800 121 8267, E-mail: ukpharmacovigilance@mylan.com.

Each **EpiPen®** can only be used once.

If symptoms don't improve, you can administer a second **EpiPen®** after 5-15 minutes.

“You Must call 999, ask for an ambulance and state ‘anaphylaxis’.”

Stay lying down or seated and have someone stay with you until you have been assessed by a paramedic.

Unconscious patients should be placed in the recovery position.

