

ALLERGIC REACTION – EpiPen ADMINISTRATION

Allergic reactions are not uncommon, and most are self-limited, localized and will resolve with minimal treatment of symptoms. Acute allergic reactions also have the potential to cause life-threatening illness and the term anaphylaxis is used to describe these rare, acute reactions. Severe anaphylaxis can be rapidly fatal, and the accepted emergency treatment is the early administration of Epinephrine. This can be done with the use of an EpiPen (epinephrine injection, USP) Auto-Injector which will deliver Epinephrine safely, quickly and effectively. The most common triggers for anaphylaxis are typically medications, foods or insect bites but many patients may be unsure as to the specific allergen that caused the reaction.

Signs and symptoms of anaphylaxis:

- Skin reactions including swelling, hives, itching and flushed or pale skin
- Difficulty breathing
- A feeling of constriction or swelling of the airways
- Swelling of the lips or tongue
- A rapid and/or weak pulse
- Lightheadedness and low blood pressure


Dosing Recommendations:

According to product instructions, the adult dosage (0.3 mg) of EpiPen autoinjectors should be used for adults and children weighing 30 kg (66 lbs.) or more. The EpiPen Jr. dosage (0.15 mg) should be used for children weighing between 15 kg and 30 kg.

Treatment of anaphylaxis using EpiPen for epinephrine administration:

1. Remove the EpiPen or EpiPen Jr. autoinjector from the clear carrier tube.
2. Hold the autoinjector in your fist with the orange tip pointing downward.
3. With the other hand, remove the blue safety release by pulling straight up without bending or twisting it.
4. Place the orange tip against the middle of the outer thigh (upper leg) perpendicular to the thigh.
5. Swing and push the auto injector firmly against the leg until it clicks. The click signals that the injection has started.
6. Hold the device firmly in place for 3 seconds (count slowly 1, 2, 3).
7. Remove the autoinjector from the thigh.
8. Massage the injection area for 10 seconds.

EMS should be immediately notified at the first sign of any allergic reaction that, in any way, involves the airway or the patient's ability to breathe. Patients may improve rapidly after epinephrine administration, but they still need to be evaluated at the hospital. Monitor the patient closely, paying specific attention to their airway and their ability to breathe. Supplemental oxygen is certainly indicated for any patient with shortness of breath and high flow oxygen is recommended.



John L. McNeill, D.O.
Internal Medicine / Emergency Medicine

8/1/2025 - 6/1/2026
Date:

How to use EpiPen® and EpiPen Jr® Auto-Injectors

Remove the EpiPen® Auto-Injector from the carrier tube and follow these 2 simple steps:



- Grasp with orange tip pointing downward
- Remove blue safety cap by pulling straight up – do not bend or twist



- Place the orange tip against the middle of the outer thigh
- Swing and push the auto-injector firmly into the thigh until it "clicks"
- Hold in place for 3 full seconds

After using EpiPen®, you must seek immediate medical attention or go to the emergency room. For the next 48 hours, you must stay close to a healthcare facility or be able to call 911.



Scan the code to access the EpiPen® Video Gallery, including a video on how to use EpiPen®



Trusted for over 35 years.