

Nearly 1 in 50 Americans have experienced a life-threatening (severe) allergic reaction



Let's make sure  
you're prepared

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# Welcome to the **Mylan On Location™** featuring EpiPen® (epinephrine injection, USP) Auto-Injector Training Course

You have been chosen for the very important task of helping someone who is experiencing a life-threatening (severe) allergic reaction. This special training is meant to empower you to feel confident in your ability to administer the medication needed during this type of emergency.

Your employer has chosen to possess medication for emergency life-threatening allergic reactions. Training you to recognize the signs and symptoms and respond appropriately gives both you and your employer peace of mind in case a severe allergic reaction occurs at your establishment.

## **Indications**

EpiPen® (epinephrine injection, USP) 0.3 mg and EpiPen Jr® (epinephrine injection, USP) 0.15 mg Auto-Injectors are for the emergency treatment of life-threatening allergic reactions (anaphylaxis) caused by allergens, exercise, or unknown triggers; and for people who are at increased risk for these reactions. EpiPen® and EpiPen Jr® are intended for immediate administration as emergency supportive therapy only. Seek immediate emergency medical help right away.

## **Important Safety Information**

Use EpiPen® or EpiPen Jr® Auto-Injectors right away when you have an allergic emergency (anaphylaxis).

**Get emergency medical help right away.**

**Please see Important Safety Information and full Prescribing Information and Patient Information at the end of this presentation.**



# Important Safety Information

## Important Safety Information

Use EpiPen® (epinephrine injection, USP) 0.3 mg or EpiPen Jr® (epinephrine injection, USP) 0.15 mg Auto-Injectors right away when you have an allergic emergency (anaphylaxis). **Get emergency medical help right away.** You may need further medical attention. Only a healthcare professional should give additional doses of epinephrine if you need more than two injections for a single anaphylactic episode. EpiPen® or EpiPen Jr® should **only** be injected into the middle of your outer thigh (upper leg), through clothing if necessary. Do not inject into your veins, buttocks, fingers, toes, hands or feet. Hold the leg of young children firmly in place before and during injection to prevent injuries. In case of accidental injection, please seek immediate medical treatment.

Rarely, patients who have used EpiPen® or EpiPen Jr® may develop an infection at the injection site within a few days. Some of these infections can be serious. Call your healthcare professional right away if you have any of the following at an injection site: redness that does not go away, swelling, tenderness, or the area feels warm to the touch.

Tell your healthcare professional about all of your medical conditions, especially if you have asthma, a history of depression, thyroid problems, Parkinson's disease, diabetes, high blood pressure or heart problems, have any other medical conditions, are pregnant or plan to become pregnant, or are breastfeeding or plan to breastfeed. Be sure to also tell your healthcare professional all the medicines you take, especially medicines for asthma. **If you have certain medical conditions, or take certain medicines, your condition may get worse or you may have longer lasting side effects when you use EpiPen® or EpiPen Jr®.**

Common side effects include fast, irregular or "pounding" heartbeat, sweating, nausea or vomiting, breathing problems, paleness, dizziness, weakness, shakiness, headache, feelings of over excitement, nervousness or anxiety. These side effects usually go away quickly if you lie down and rest. **Tell your healthcare professional if you have any side effect that bothers you or that does not go away.**

**Please see the full Prescribing Information and Patient Information.**

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit [www.fda.gov/medwatch](http://www.fda.gov/medwatch) or call 1-800-FDA-1088.

For additional information, please contact us at 800-395-3376.



EpiPen®, EpiPen Jr®, EpiPen 2-Pak® and EpiPen Jr 2-Pak® are registered trademarks owned by the Mylan companies. Mylan On Location™ is a trademark of Mylan Inc. The Mylan logo is a registered trademark of Mylan Inc.

# Factors to consider

Some patients may be at greater risk for developing adverse reactions after epinephrine administration. Despite these concerns, there are no medical conditions that do not allow the use of EpiPen<sup>®</sup> in a life-threatening anaphylactic emergency.

Therefore, patients with these conditions, and/or any other person who might be in a position to administer EpiPen<sup>®</sup> or EpiPen Jr<sup>®</sup> to a patient experiencing anaphylaxis, should be carefully instructed in regard to the circumstances under which epinephrine should be used.

## **Important Safety Information (continued)**

Common side effects include fast, irregular or “pounding” heartbeat, sweating, nausea or vomiting, breathing problems, paleness, dizziness, weakness, shakiness, headache, feelings of over excitement, nervousness or anxiety. These side effects usually go away quickly if you lie down and rest. **Tell your healthcare professional if you have any side effect that bothers you or that does not go away.**

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# Through this course, you'll:

- ✓ **Understand** what anaphylaxis is and its causes
- ✓ **Recognize** the signs and symptoms to be prepared for an emergency
- ✓ **Be able** to properly administer EpiPen<sup>®</sup> and EpiPen Jr<sup>®</sup> (epinephrine injection, USP) Auto-Injectors

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Life - threatening  
allergic reactions



## Section 2

# Anaphylaxis (an-a-fi-lax-is):

A potentially life-threatening (severe) allergic reaction

- Unpredictable
- Signs and symptoms may vary from one event to the next
- May occur quickly (within 5 minutes) or progress over hours
- Can be life-threatening

# Anaphylaxis can happen anywhere



There has been an increase in the number of people at risk for severe allergic reactions

## Anaphylaxis frequently occurs outside the home:



Work



Restaurants



Outdoors



Traveling



School



Hospitals/Clinics





# Causes of anaphylaxis:

## Certain foods



Peanuts  
Tree nuts (walnuts, pecans, cashews)  
Shellfish (shrimp, lobster)  
Fish  
Milk  
Eggs  
Wheat  
Soy

## Insect stings & bites



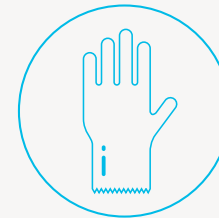
Bees  
Wasps  
Fire ants

## Medication



*This may include:*  
Penicillin  
Aspirin  
Ibuprofen  
Cancer medication  
Allergen immunotherapy

## Latex



*Such as:*  
Gloves  
Condoms  
Balloons  
Infant pacifiers  
Bottle nipples  
Bandages  
Rubber sports equipment

## Exercise



Jogging  
Yard work  
Aerobics

# People who know they have severe allergies should be prepared

An anaphylaxis action plan includes:

- Avoid the common triggers of anaphylaxis
- Know the alternative names of food triggers or foods containing triggers
- When dining out check the menu on the restaurant's website or call ahead
- Talk to the wait staff or chef
- Consider carrying an allergy card
- Bring epinephrine auto-injectors everywhere you go

In case of a life-threatening allergic reaction:

- 1 Inject epinephrine into the middle of the outer thigh
- 2 Call 911/emergency responders
- 3 Have a list of emergency contacts with you

**But not everyone knows they have severe allergies.**

# Signs and symptoms of anaphylaxis

## 1 Mouth

- Itching
- Swelling of lips and/or tongue

## 2 Lungs

- Shortness of breath
- Coughing
- Wheezing

## 3 Skin

- Itching
- Hives
- Redness
- Swelling

## 4 Throat

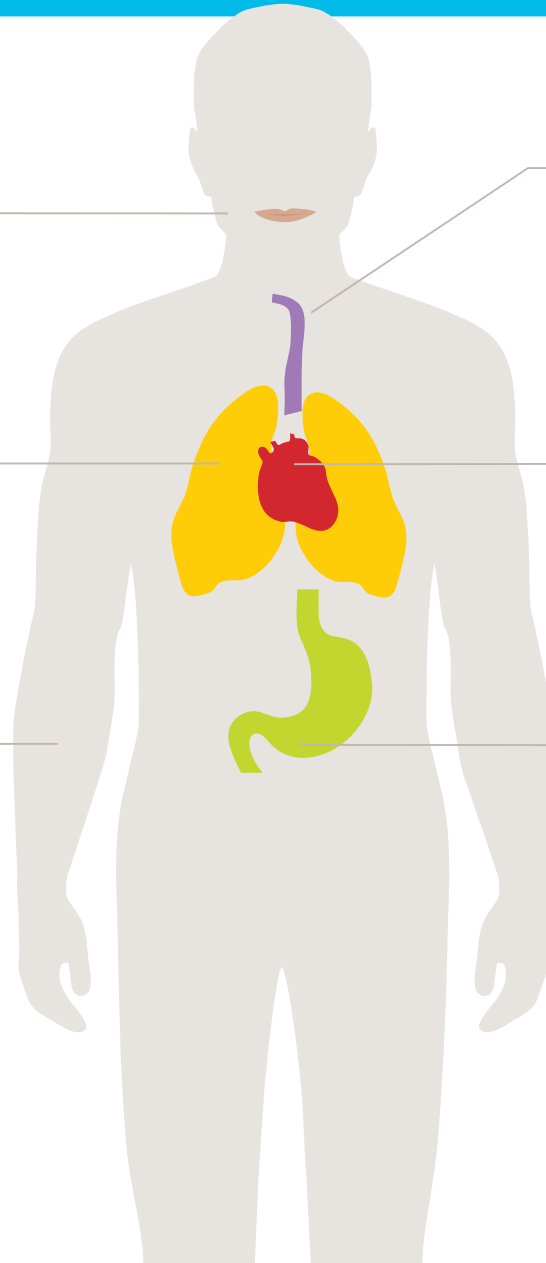
- Itching
- Tightness/closure
- Coughing

## 5 Heart

- Weak pulse
- Dizziness
- Passing out

## 6 Stomach

- Vomiting
- Nausea
- Diarrhea
- Cramps



# How to recognize anaphylaxis



Look for symptoms in 2 or more body systems. Here are examples of some of the body systems and symptoms you may see:

## **Skin and mucous membranes**

- Hives
- Swelling of lips, tongue or small fleshy lobe that hangs from the roof of the mouth



## **Respiratory**

- Shortness of breath, wheezing or coughing

## **Digestive system (stomach, intestines)**

- Cramps
- Vomiting

# Epinephrine

-  The ONLY primary medication for anaphylaxis
-  When administered into the outer thigh muscle, it takes approximately 5 minutes to work

# Epinephrine works on various body systems by:



**Relaxing** the airways to reduce breathing difficulties



**Preventing** and **relieving** low blood pressure and shock



**Increasing** the rate and force of cardiac contractions



**Reducing** skin irritation, such as hives and redness

# If epinephrine treatment is delayed:

- Symptoms may progress quickly
- Risk of life-threatening events is increased
- There's an increased risk of a second reaction within 1-72 hours

# Summary Review

## Section 2

### Anaphylaxis

- ✓ A potentially life-threatening allergic reaction
- ✓ Is unpredictable
- ✓ Signs and symptoms may vary from one event to the next
- ✓ May occur quickly (within 5 minutes)

### How to recognize anaphylaxis

- ✓ Look for symptoms in 2 or more body systems

### Causes of anaphylaxis

- ✓ Certain foods
- ✓ Insect stings & bites
- ✓ Medication
- ✓ Latex
- ✓ Exercise



### Signs and symptoms

- ✓ Swelling of lips and/or tongue
- ✓ Throat tightness
- ✓ Shortness of breath
- ✓ Weak pulse
- ✓ Dizziness
- ✓ Passing out
- ✓ Nausea/vomiting
- ✓ Itchiness near mouth

### Epinephrine

- ✓ The ONLY primary medication for anaphylaxis
- ✓ Give it at the first sign or symptom
- ✓ If not administered quickly, symptoms may progress quickly
- ✓ A second anaphylactic reaction can happen 1-72 hours after the first

How to be prepared  
for an emergency



## Section 3

# In case of anaphylaxis:

- R**ecognize signs and symptoms
- E**nable the auto-injector (remove from case and prepare for use)
- A**dminister epinephrine
- C**all 911/emergency responders – immediate medical help or care is essential because a second (or delayed) reaction could occur in 1-72 hours
- T**reat again after 5 minutes, if symptoms persist
  - More than two sequential doses of epinephrine should be administered only under direct medical supervision

# Signs and symptoms of anaphylaxis

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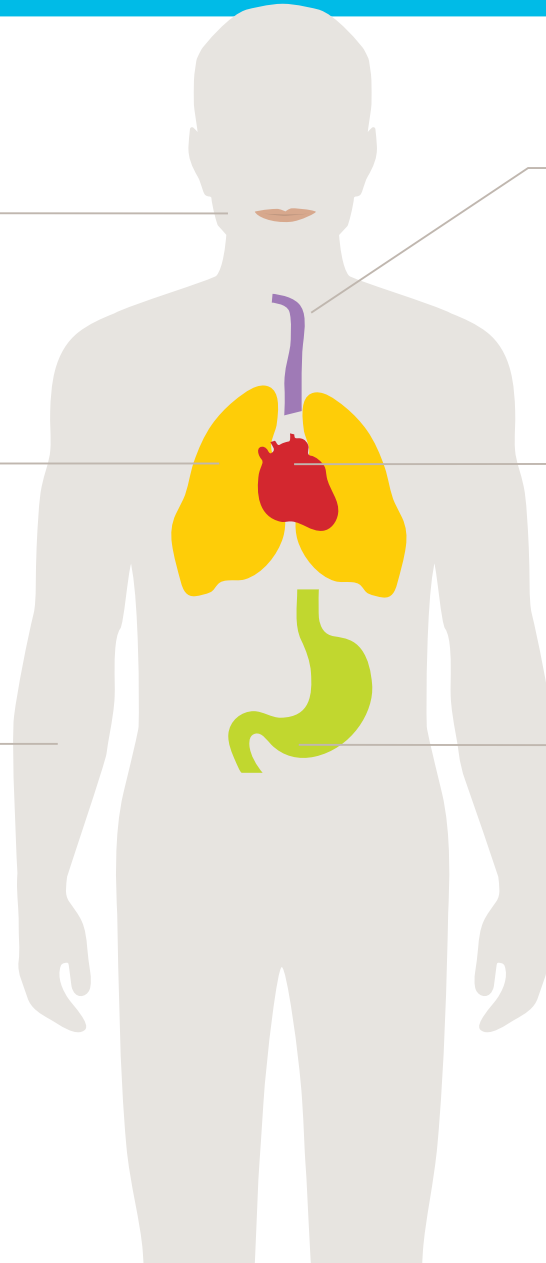
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# Anaphylaxis can progress quickly



Give epinephrine at the first sign of symptoms

# In case of anaphylaxis:

**R**ecognize signs and symptoms

**E**nable the auto-injector (remove from case and prepare for use)

**A**dminister epinephrine

**C**all 911/emergency responders – immediate medical help or care is essential because a second (or delayed) reaction could occur in 1-72 hours

**T**reat again after 5 minutes, if symptoms persist

- More than two sequential doses of epinephrine should be administered only under direct medical supervision



# Call 911 or designate someone to call



A second reaction could occur without additional exposure to the allergen



## **Have the affected person:**

- Lie on his or her back, and elevate their legs
- OR-
- Assume a comfortable position, if vomiting or having trouble breathing



## **Stay with the person** and monitor symptoms until help arrives

- Persistent symptoms may require a second dose of epinephrine



# In case of anaphylaxis:

- R**ecognize signs and symptoms
- E**nable the auto-injector (remove from case and prepare for use)
- A**dminister epinephrine
- C**all 911/emergency responders – immediate medical help or care is essential because a second (or delayed) reaction could occur in 1-72 hours
- T**reat again after 5 minutes, if symptoms persist
  - More than two sequential doses of epinephrine should be administered only under direct medical supervision

# In case of anaphylaxis:

- Monitor symptoms and provide info to first responder
  - If there is no improvement in 5 minutes or symptoms worsen, give a second dose of epinephrine
  - Take note of the estimated time of injection(s), signs and symptoms observed and initial physical state and location of the affected person
  - Upon the arrival of emergency medical services or first responders, advise them of the person's signs and symptoms before the auto-injector was given and any changes in the person's condition
- More than two sequential doses of epinephrine should be administered only under direct medical supervision
  - Provide used and unused epinephrine auto-injectors to first responders

# EpiPen<sup>®</sup> (epinephrine injection, USP) Auto-Injectors



**The #1 prescribed epinephrine auto-injector for 25+ years\***



EpiPen<sup>®</sup> Auto-Injectors come in 2 strengths:



**EpiPen Jr 2-Pak<sup>®</sup>** (epinephrine injection, USP) 0.15 mg Auto-Injectors  
For children 33 lbs - 66 lbs

**EpiPen 2-Pak<sup>®</sup>** (epinephrine injection, USP) 0.3 mg Auto-Injectors  
For those weighing 66 lbs or more

\*Based on IMS data from 1987– April 2015.

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**Section 3:** How to Be Prepared for an Emergency

# How to administer EpiPen<sup>®</sup> (epinephrine injection, USP) Auto-Injectors



# 3 simple steps:

## How to use the EpiPen<sup>®</sup> (epinephrine injection, USP) Auto-Injector

1

### PREPARE

- **Remove the EpiPen<sup>®</sup> or EpiPen Jr<sup>®</sup> from the clear carrier tube**
- Flip open the yellow cap of your EpiPen<sup>®</sup> or the green cap of your EpiPen Jr<sup>®</sup> carrier tube
- Tip and slide the auto-injector out of the carrier tube
- **Grasp the auto-injector in your fist with the orange tip (needle end) pointing downward**
- With your other hand, **remove the blue safety release by pulling straight up** without bending or twisting it



#### Note:

- The needle comes out of the orange tip
- To avoid an accidental injection, never put your thumb, fingers or hand over the orange tip. If an accidental injection happens, get medical help right away

#### Important Safety Information (continued)

Only a healthcare professional should give additional doses of epinephrine if you need more than two injections for a single anaphylactic episode. EpiPen<sup>®</sup> or EpiPen Jr<sup>®</sup> should only be injected into the middle of your outer thigh (upper leg), through clothing if necessary.

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# 3 simple steps:

## How to use the EpiPen<sup>®</sup> (epinephrine injection, USP) Auto-Injector

### 2 ADMINISTER

Administer the EpiPen<sup>®</sup> or EpiPen Jr<sup>®</sup> Auto-Injector

**If you are administering EpiPen<sup>®</sup> or EpiPen Jr<sup>®</sup> to a young child, hold the leg firmly in place while administering an injection**

- Blue to the sky, orange to the thigh
- Place the orange tip against the middle of the outer thigh (upper leg) at a right angle (perpendicular) to the thigh
- **Swing and push the auto-injector firmly** until it “clicks”. The click signals that the injection has started
- **Hold firmly in place for 3 seconds (count slowly 1,2,3)**. The injection is now complete
- **Remove the auto-injector from the thigh**. The orange tip will extend to cover the needle. If the needle is still visible, do not attempt to reuse it.
- **Massage the injection area for 10 seconds**



#### Important Safety Information (continued)

Do not inject into your veins, buttocks, fingers, toes, hands or feet. Hold the leg of young children firmly in place before and during injection to prevent injuries. In case of accidental injection, please seek immediate medical treatment.

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# 3 simple steps:

## How to use the EpiPen<sup>®</sup> (epinephrine injection, USP) Auto-Injector

3

### GET EMERGENCY MEDICAL HELP NOW

Further medical attention may be needed. A second EpiPen<sup>®</sup> or EpiPen Jr<sup>®</sup> Auto-Injector may be needed if symptoms continue or recur.

The affected person should:

- Take the used auto-injector with them when he or she goes to see a healthcare professional
- Tell the healthcare professional he or she received an injection of epinephrine. Show the healthcare professional where he or she received the injection
- Give the used EpiPen<sup>®</sup> or EpiPen Jr<sup>®</sup> Auto-Injector to the healthcare professional for inspection and proper disposal

#### Important Safety Information (continued)

Rarely, patients who have used EpiPen<sup>®</sup> or EpiPen Jr<sup>®</sup> may develop an infection at the injection site within a few days. Some of these infections can be serious. Call your healthcare professional right away if you have any of the following at an injection site: redness that does not go away, swelling, tenderness, or the area feels warm to the touch. **If you have certain medical conditions, or take certain medicines, your condition may get worse or you may have longer lasting side effects when you use EpiPen<sup>®</sup> or EpiPen Jr<sup>®</sup>**

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# Important information for administration

- ✓ The EpiPen® Auto-Injector has a yellow-colored label
- ✓ The EpiPen Jr® Auto-Injector has a green-colored label
- ✓ The EpiPen® Trainer has a grey color, and contains no medicine and no needle
- ✓ The auto-injector is designed to work through clothing
- ✓ The blue safety release on the EpiPen® and EpiPen Jr® Auto-Injectors helps to prevent accidental injection of the device. Keep the blue safety release on until you need to use it
- ✓ Only inject into outer thigh. Never inject into any other part of the body
- ✓ Never put your thumb, fingers or hand over the orange tip. The needle comes out of the orange tip
- ✓ If an accidental injection happens, get medical help right away
- ✓ Do not place patient information or any other foreign objects in carrier with the Auto-Injector, as this may prevent you from removing the Auto-Injector for use

## Important Safety Information (continued)

Tell your healthcare professional about all of your medical conditions, especially if you have asthma, a history of depression, thyroid problems, Parkinson's disease, diabetes, high blood pressure or heart problems, have any other medical conditions, are pregnant or plan to become pregnant, or are breastfeeding or plan to breastfeed.

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# How to store EpiPen®

- Epinephrine is light-sensitive and should be stored in the carrier tube provided
- Store at 20° to 25°C (68° to 77°F)
- Do not refrigerate
- Protect from light
- Before using, check to make sure the solution in the auto-injector is not discolored
- Carrier tube is not waterproof

## Important Safety Information (continued)

Be sure to also tell your healthcare professional all the medicines you take, especially medicines for asthma. **If you have certain medical conditions, or take certain medicines, your condition may get worse or you may have longer lasting side effects when you use EpiPen® or EpiPen Jr®.**

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### In case of anaphylaxis, it's important to:

- ✓ **R**ecognize signs and symptoms
- ✓ **E**nable the auto-injector (remove from case and prepare for use)
- ✓ **A**dminister epinephrine
- ✓ **C**all 911/emergency responders – immediate medical help or care is essential because a second (or delayed) reaction could occur in 1-72 hours
- ✓ **T**reat again after 5 minutes, if symptoms persist
  - More than two sequential doses of epinephrine should be administered only under direct medical supervision

### Using an EpiPen® Auto-Injector

- ✓ Prepare
- ✓ Administer
- ✓ Get emergency medical help

### Storing an EpiPen® Auto-Injector

- ✓ Store EpiPen® Auto-Injectors in the carrier tube provided
- ✓ Check to make sure the solution in the auto-injector is not discolored

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For additional information, please contact us at 800-395-3376.



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