

## Department of Allergy: Clinic 2a

# EpiPen

You will have been advised to carry an EpiPen with you if you are at risk of suffering from an Anaphylactic shock: a severe allergic reaction. The EpiPen is an auto-injector that administers epinephrine, emergency treatment for severe allergic reactions.

This information explains to you how to use the EpiPen. **It is advisable to remind yourself of these instructions every few months.**

### Administration of the EpiPen

Step 1: Remove grey safety cap

Step 2: Grip the EpiPen firmly without placing thumb over the top

Step 3: Place the pointed end of the EpiPen onto the outer thigh and push firmly (to avoid slipping) **until you hear a click**

Step 4: Hold the EpiPen in place for a count of **10 seconds**

Step 5: Remove EpiPen after 10 seconds

Step 6: Get urgent medical attention: dial 999

### Important note

- The EpiPen will **not** go through thick clothing (for example denim). Please remove clothing where possible before administering the EpiPen.
- Remember to check the expiry date of the EpiPen every few months.

### Safe disposal of the used EpiPen

After use, take care not to accidentally stick the needle into yourself. The ambulance crew or attending doctor will dispose of the used EpiPen safely.

**Further information** is available from:

**Department of Allergy**, clinic 2a, Box 40  
Direct line: 01223 217777  
Fax: 01223 216953

Please ask if you require this information in other languages, large print or audio format: 01223 216032 or [patient.information@addenbrookes.nhs.uk](mailto:patient.information@addenbrookes.nhs.uk)

Potete chiedere di ottenere queste informazioni in altre lingue, in stampato grande o in audiocassetta.

### Italian

若你需要本信息的繁體中文、大字體或音訊格式的版本，請要求索取。

### Cantonese

તમને આ માહિતી બીજી ભાષાઓમાં, મોટા અક્ષરોમાં અથવા સાંભળી શકાય એવા માધ્યમ (ઓડીઓ ફોર્મેટ)માં જોઈતી હોય તો કૃપા કરીને પૂછો.

### Gujarati

تکایہ پرسیار بکہ نہ گہر نہ وزانیاریہت دہوی بہ زمانیکی تر ، بہ پیتی گہورہ یانیش بہ شیوہی دہنگ

### Kurdish

آگر آپ کو یہ معلومات دوسری زبانوں میں، بڑے الفاظ کی اشاعت میں یا آڈیو ٹیپ پر درکار ہوں تو برائے مہربانی اس کیلئے درخواست کریں۔

### Urdu



Addenbrooke's is smoke-free. Please do not smoke anywhere on the site.  
For advice on quitting, contact your GP or the NHS smoking helpline free, 0800 169 0 169

### Document history

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