

# QuickAllergy Card

## Your EpiPen® – Storage, Usage and Disposal

An EpiPen® (epinephrine) Auto-Injector, which must be prescribed by your physician, is used when you are having a severe allergic reaction or anaphylaxis. The EpiPen® automatically injects a pre-measured single dose of epinephrine. If possible, have more than one EpiPen® and make sure that those around you know **where** they are and **how** to use them.

### Where you store your EpiPen® is very important. Remember:

- Store at room temperature (59-86°F).
- Do not refrigerate.
- Keep in a dark area.
- Avoid high heat areas like trunks and glove compartments.

### Other important tips:

- Check the expiration date and make a note of it (example: Aug. 04=Aug. 31, 2004).
- Replace before the expiration date.
- Check the fluid through the view window. It should be clear and colorless.
- Enroll in the EpiPen Center for Anaphylactic Support (visit [www.epipen.com](http://www.epipen.com) for more information).

### How to use the EpiPen® (Turn card over)

## Using the EpiPen®

*Follow these directions only when ready to use:*

1. Form a fist around the EpiPen®, with black tip pointing downward.
2. With other hand, remove gray safety cap. **DO NOT** touch the black tip, as this is where the needle comes out.
3. At a 90° angle, quickly swing and jab EpiPen® firmly into outer thigh.
4. Hold firmly in thigh for 5 to 10 seconds.
5. Remove and massage injection area for a few seconds.
6. Check black tip: if needle is exposed, you received dose. If not, repeat steps #3-6.
7. Call 911 or go to closest emergency room as effects of the EpiPen® will only last 15-20 minutes.

## Disposing of the EpiPen®

- Using a hard surface, bend needle back, place EpiPen® in yellow tube and give to a health care professional where you seek medical care.
- If unable to bend needle, place a penny in end of tube to prevent needle protrusion and give to a professional for proper disposal.

### Information on my EpiPen®

- My EpiPen® expires on \_\_\_\_\_
- Number of refills on file \_\_\_\_\_
- Refill contact number \_\_\_\_\_

*For more information on the EpiPen® visit  
[www.epipen.com](http://www.epipen.com)*

*Additional tips on managing allergies and asthma are  
available at the Asthma and Allergy Foundation of America®  
website, [www.aafa.org](http://www.aafa.org)*

*Funded by an unrestricted educational grant from Dey, LP*



Asthma and Allergy  
Foundation of America