


Epinephrine:

Life-saving medication for severe allergic reactions

About epinephrine


Epinephrine is the first-line treatment for severe allergic reactions (anaphylaxis) and should be used promptly. It helps to reverse symptoms by opening the airways and improving blood pressure.

 *Epinephrine is the only treatment shown to stop an anaphylactic reaction.*

Antihistamines, like Benadryl®, and asthma medications should not be used instead of epinephrine for treating anaphylaxis.

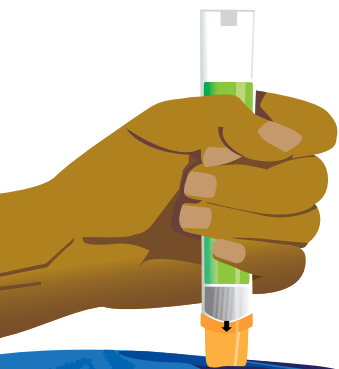
How is epinephrine used?

Epinephrine can be administered through an auto-injector (e.g., EpiPen®, ALLERJECT®, Emerade®). The epinephrine auto-injector should be injected into the muscle of the mid-outer thigh to release the medication and can be given through clothing, if necessary. There is only one dose in an epinephrine auto-injector.

 *A common mistake with anaphylactic reactions is waiting too long to give epinephrine.*

Even if you're unsure about a reaction, give epinephrine. It is safe and can save a life.

Don't hesitate.



Tips about epinephrine auto-injectors

Carry it

No matter where you go, bring your epinephrine auto-injector(s) with you. It's recommended to have more than one device in case an extra dose is needed.

Use it

The auto-injector is easy to use; there are instructions on the device. The risk of not giving it far outweighs any potential side effects of the medication (e.g., rapid heart rate, dizziness, headache).

Keep it up-to-date

Make sure it's not expired. Set your own reminders to check the date on the device, or sign up for a free email reminder on the company's website.

Store it properly

Epinephrine can lose its effectiveness when stored in extreme heat or cold. Never leave it in a car's glove box or in the fridge/freezer where it can get too hot or too cold. In summer, don't leave it in the hot sun. For winter, carry it inside your coat pocket.

Practice with a trainer

Order a free training device from the company's website. Training devices contain no needle or drug.

Educate others

Teach friends, family, co-workers, babysitters, teachers – anyone who needs to know – when and how to use it, and where you keep it.

5 emergency steps

If an anaphylactic reaction happens, follow these steps:

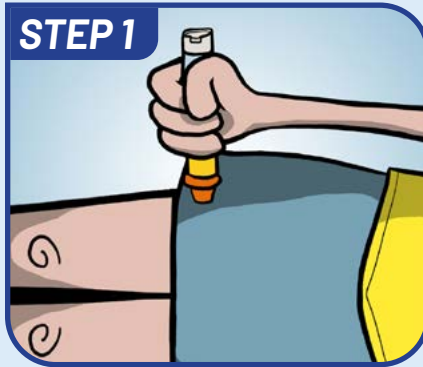


Image courtesy of Kids' CAP

STEP 1

Give an **epinephrine auto-injector** (e.g., EpiPen®, ALLERJECT®, Emerade®) right away. Follow the instructions on the device.



STEP 2

Call **9-1-1** or your local EMS immediately and tell them someone is having an anaphylactic reaction.

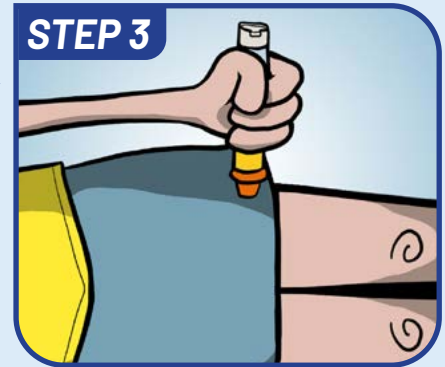


Image courtesy of Kids' CAP

STEP 3

Use a **second auto-injector** as early as 5 minutes after giving the first dose if there is no improvement in symptoms.



STEP 4

Go to the nearest **hospital** right away (ideally by ambulance), even if symptoms are mild or have stopped. The reaction could get worse or come back.



STEP 5

Call **emergency contact** person (e.g., parent, guardian, spouse).

! *The allergic reaction is the reason for going to the hospital, not because epinephrine has been used.*



Epinephrine auto-injectors

Speak to your healthcare provider about the best device for you.

EpiPen®	ALLERJECT®	Emerade®
 <p>2 dosages: 0.15 mg: for 15–30 kg 0.3 mg: for 30 kg or more</p> <p>✓ Refill reminder</p> <p>epipen.ca</p>	 <p>2 dosages: 0.15 mg: for 15–30 kg 0.3 mg: for 30 kg or more</p> <p>✓ Talking feature</p> <p>allerject.ca</p>	 <p>2 dosages: 0.3 mg: for 30 kg or more 0.3 mg or 0.5 mg: for 60 kg or more (based on clinical judgement)</p> <p>✓ Refill reminder</p> <p>emerade.ca</p>

Visit foodallergy.ca or call **1 866 785-5660** for more information and support.