



# Epinephrine Auto-Injectors

## Information Guide

Instructions may differ from one auto-injector to another. Be sure to review information about the auto-injector that you have available.

Always call 9-1-1 after using epinephrine. The medicine starts to wear off in 20 to 30 minutes. The reaction may come back.

### Side Effects of Epinephrine:

The benefits of epinephrine are greater than the risk of side effects. However, epinephrine can cause short-lived side effects in some patients. The most common side effects include the following:

- Heart - Fast and/or pounding heartbeat, fleeting chest pain
- Nervous system - Nervousness, trembling, feeling cold, anxiety, headache, dizziness
- Digestive system - Nausea, dry throat
- Lungs - Fleeting shortness of breath

If the person experiencing anaphylaxis begins to feel weak or dizzy, have him/her lie down and elevate the knees or feet.

If he/she feels faint or has fainted, leave him/her in the lying down position.

### Maintenance and Storage:

- You must check the expiration date every month, and replace the units once they have expired.
- Do not store the injector in a refrigerator or a hot car. Keep it at room temperature. The liquid medicine in the injector should be clear. If it is discolored or has floating specks, get a new pen.
- Injector disposal – the injector should not be thrown away in the normal trash. Instead, take the used or expired injector (inside the case) to a hospital or healthcare provider for proper disposal.