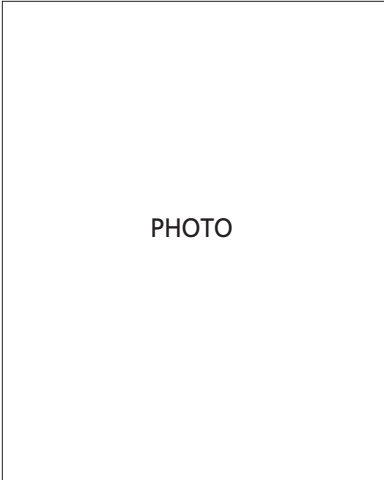


# Anaphylaxis Emergency Plan: \_\_\_\_\_ (name)

## This person has a potentially life-threatening allergy (anaphylaxis) to:



(Check the appropriate boxes.)

- |                                    |                                            |
|------------------------------------|--------------------------------------------|
| <input type="checkbox"/> Peanut    | <input type="checkbox"/> Other: _____      |
| <input type="checkbox"/> Tree nuts | <input type="checkbox"/> Insect stings     |
| <input type="checkbox"/> Egg       | <input type="checkbox"/> Latex             |
| <input type="checkbox"/> Milk      | <input type="checkbox"/> Medication: _____ |

**Food:** The key to preventing an anaphylactic emergency is absolute avoidance of the allergen. People with food allergies should not share food or eat unmarked / bulk foods or products with a "may contain" warning.

**Epinephrine Auto-Injector:** Expiry Date: \_\_\_\_\_ / \_\_\_\_\_

- Dosage:**  EpiPen® Jr 0.15 mg     EpiPen® 0.30 mg  
 Twinject™ 0.15 mg     Twinject™ 0.30 mg

**Location of Auto-Injector(s):** \_\_\_\_\_

- Asthmatic:** Person is at greater risk. If person is having a reaction and has difficulty breathing, give epinephrine auto-injector before asthma medication.

## A person having an anaphylactic reaction might have ANY of these signs and symptoms:

- **Skin:** hives, swelling, itching, warmth, redness, rash
- **Respiratory (breathing):** wheezing, shortness of breath, throat tightness, cough, hoarse voice, chest pain/tightness, nasal congestion or hay fever-like symptoms (runny itchy nose and watery eyes, sneezing), trouble swallowing
- **Gastrointestinal (stomach):** nausea, pain/cramps, vomiting, diarrhea
- **Cardiovascular (heart):** pale/blue colour, weak pulse, passing out, dizzy/lightheaded, shock
- **Other:** anxiety, feeling of "impending doom", headache

**Early recognition of symptoms and immediate treatment could save a person's life.**

## Act quickly. The first signs of a reaction can be mild, but symptoms can get worse very quickly.

1. **Give epinephrine auto-injector** (e.g. EpiPen® or Twinject™) at the first sign of a reaction occurring in conjunction with a known or suspected contact with allergen. Give a second dose in 10 to 15 minutes or sooner **IF** the reaction continues or worsens. (See second page for instructions.)
2. **Call 911.** Tell them someone is having a life-threatening allergic reaction. Ask them to send an ambulance immediately.
3. **Go to the nearest hospital,** even if symptoms are mild or have stopped. Stay in the hospital for an appropriate period of observation, generally 4 hours, but at the discretion of the ER physician. The reaction could come back.
4. **Call contact person.**

## Emergency Contact Information

Name	Relationship	Home Phone	Work Phone	Cell Phone

The undersigned patient, parent, or guardian authorizes any adult to administer epinephrine to the above-named person in the event of an anaphylactic reaction, as described above. This protocol has been recommended by the patient's physician.

\_\_\_\_\_  
Patient/Parent/Guardian Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Physician Signature

\_\_\_\_\_  
Date



# How to use the EpiPen® Epinephrine Auto-Injector

# Comment utiliser l'auto-injecteur d'adrénaline EpiPen®



1.



Grasp unit with black tip pointing downward and pull off grey activator cap.

---

Tenir l'unité avec le bout noir pointant vers le bas et enlever le bouchon activateur gris.

---

2.



Jab black tip firmly into outer thigh so it "clicks" AND HOLD on thigh approximately 10 seconds.

---

Enfoncer brusquement le bout noir dans la cuisse jusqu'à un « déclic » ET MAINTENIR l'unité dans cette position pendant environ 10 secondes.

---

3.



Seek medical attention.

---

Obtenir des soins médicaux.

---

AVAILABLE THROUGH YOUR PHARMACIST  
DISPONIBLE CHEZ VOTRE PHARMACIEN

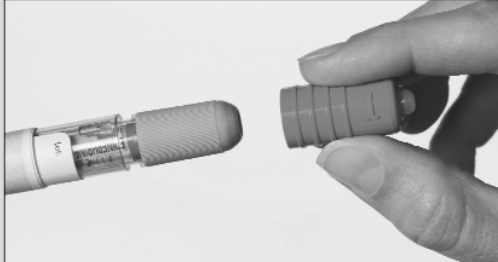


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[www.epipen.ca](http://www.epipen.ca)

# Twinject: Easy to use, easy to carry your back-up dose.



## FIRST DOSE: AUTO-INJECTED



### ONE

PULL off GREEN end cap to see a GREY cap. **Never put thumb, finger or hand over the GREY cap.**

### TWO

PULL off RED end cap.

Numbered caps are for memory purposes only, and order is not important.



### INJECT

Place GREY cap against mid-outer thigh. Press down firmly. Hold against thigh while slowly counting to ten. Injects through clothes. Remove auto-injector.

## PREPARE FOR SECOND DOSE.

**SEEK EMERGENCY MEDICAL HELP IMMEDIATELY.**

## SECOND DOSE, IF NEEDED: MANUAL



Unscrew and remove GREY cap. **Beware of exposed needle.** Holding BLUE hub at needle base, remove syringe from barrel.



Slide collar off plunger. **PAUSE. If symptoms have not improved in about 10 minutes since first dose, inject second dose.**



Insert needle into mid-thigh (at least 5 cm/2 in from first injection site) and push plunger down completely.

**SEEK EMERGENCY MEDICAL HELP IMMEDIATELY.**

Twinject 0.3 mg Auto-Injector (0.3 mL Epinephrine Injection, USP, 1:1000) and Twinject 0.15 mg Auto-Injector (0.15 mL Epinephrine Injection, USP, 1:1000) are indicated for emergency treatment of severe allergic reactions (Type 1) including anaphylaxis to: stinging insects, biting insects, allergen immunotherapy, foods, latex, other allergens, and drugs. (Please see Product Monograph for full indication.) Epinephrine can also be used in the treatment of anaphylaxis of unknown cause, exercise-induced anaphylaxis, or anaphylactoid reactions.

Epinephrine should be used with caution in patients with cardiac arrhythmias, coronary artery or organic heart disease, hypertension, or in patients who are on medications that may sensitize the heart to arrhythmias. In patients with coronary insufficiency or ischemic heart disease, epinephrine may precipitate or aggravate angina pectoris as well as produce potentially fatal ventricular arrhythmias. Epinephrine use should be avoided in patients with organic brain damage. Administer with caution to elderly or hyperthyroid individuals, pregnant women, individuals with cardiovascular disease or diabetes.

Adverse reactions include transient, moderate anxiety; feelings of over stimulation; apprehensiveness; restlessness; tremor; weakness; shakiness; dizziness; sweating; an increase in pulse rate; the sensation of a more forceful heartbeat; palpitations; pallor; nausea and vomiting; headache, and/or respiratory difficulties.

**More than 2 sequential doses of epinephrine should only be administered under direct medical supervision.**



P0508032E



Printed in Canada

**Twinject**<sup>™</sup>  
auto-injector  
(epinephrine Injection USP 1:1000)

Twice the confidence.