



ADRENALINE AUTO-INJECTORS (PENS)

Adrenaline is the most important medication for the treatment of Anaphylaxis.

It can counter the most severe symptoms of Anaphylaxis.

It is available in a pre-filled, easy to use pen that can be administered easily. In Singapore the Epipen® is the only adrenaline auto-injector available on prescription.

When should I use the Adrenaline Auto-injector?

Always follow the emergency action plan given to you by your allergist.

The adrenaline auto-injector should be used without hesitation when someone displays symptoms of Anaphylaxis like difficulty breathing or difficulty talking, loss of consciousness or collapse.

How do I use the Adrenaline Auto-injector?

1. Lay the person flat and try to ensure that they remain as still as possible. You may have to gently hold a child to prevent them from moving.
2. The adrenaline auto-injector should be given into the muscle in the outer thigh. Draw an imaginary cross on the leg to make 4 squares. The injector should be used in the top outer square.
3. Hold the device in your dominant hand with the needle tip facing down. Remove the safety cap. A useful reminder when using the Epipen® is blue end to the sky and orange end to the thigh. Remove the safety cap. When administering to a child, you may have to gently hold their leg to prevent them from moving.
4. Hold the adrenaline auto-injector a few centimetres away from the upper outer thigh and push down firmly on the pen until you hear or feel a click. Hold the pen in place for 3 seconds.
5. Remove the adrenaline auto-injector and rub or massage the injection site for 10 seconds.
6. Store the adrenaline auto-injector carefully and call for an ambulance. Make a note of the time at which the adrenaline auto-injector was administered and inform the ambulance crew when they arrive.
7. Keep the person who has been given the injection lying down.

If they only have symptoms which affect breathing, they may be more comfortable lying in a semi sitting position, leaning against the person who is helping them.

If they are weak or dizzy or sweaty, keep them lying down and raise their legs on a chair or cushion.

Do not let them sit up or stand as a sudden change of position may worsen their condition.

If they are unconscious lie them on in the recovery position. Lie them on their side to prevent them from breathing in vomit.

What do I do after giving the Adrenaline Auto-injector?

The person who has been injected with adrenaline should be taken to hospital as soon as possible.

You should monitor the child/patient for a return of the anaphylaxis symptoms.

If symptoms return or if the child/patient is not getting better, a second dose of adrenaline may be required.

It is important to discuss these first aid measures during your consultation with an allergist.

The graphic below is from the EpiPen® Singapore app. This can be downloaded from the app store (<https://itunes.apple.com/us/app/singapore-epipen/id895373885?mt=8>) and is a useful reminder of how to use the EpiPen®.

