

POSSIBLE CAUSES

FOOD

- ▶ Peanuts
- ▶ Pulses (e.g. lentils)
- ▶ Tree nuts – almonds
– brazil nuts
– cashew nuts
– hazelnuts
– pistachio nuts
– walnuts
- ▶ Sesame
- ▶ Fish
- ▶ Shellfish
- ▶ Dairy products
- ▶ Eggs
- ▶ Fruit

NON-FOOD

- ▶ Wasp stings
- ▶ Bee stings
- ▶ Natural latex (rubber)
- ▶ Certain medicines or injections
- ▶ Antibiotics (especially penicillin)
- ▶ Aspirin
- ▶ Non-steroidal anti-inflammatory drugs (e.g. ibuprofen)
- ▶ Exercise, by itself or in combination with other factors

SYMPTOMS

ALLERGIC REACTION

- ▶ Skin redness
- ▶ Itchy hives
- ▶ Tingling and swelling of hands/feet/eyelids/mouth/lips/genitals
- ▶ Red, itchy eyes
- ▶ Itchy mouth and/or ears
- ▶ Nausea, vomiting, stomach pain
- ▶ Heart palpitations
- ▶ Light-headedness

ANAPHYLAXIS

- ▶ Tightening of the throat/difficulty breathing
- ▶ Collapse/loss of consciousness
- ▶ Sense of impending doom

KEEPING SAFE

You should have **TWO EpiPen® Auto-Injectors at all times**

Remember it is important to make sure they are within their expiry dates!

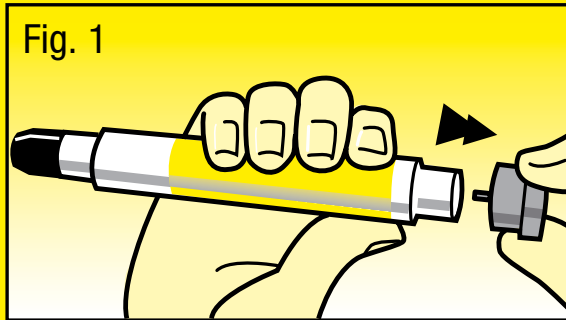
Fill in the card on the outside of this leaflet and keep it in your wallet or bag

For free expiry alerts, register at www.epipen.co.uk or complete the freepost form on the patient information leaflet in your EpiPen® pack. This service will provide you with an easy reminder.

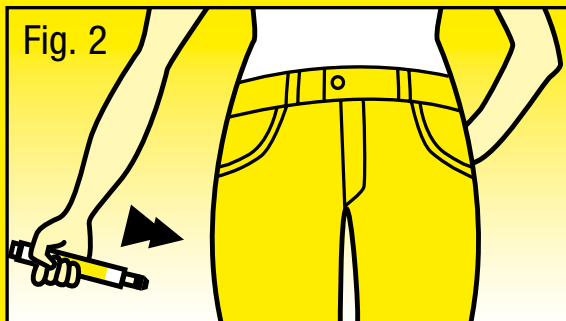
For further information, please visit www.epipen.co.uk or www.anaphylaxis.org.uk or contact **ALK-Abelló UK** on **01488 686016**

INSTRUCTIONS FOR USE

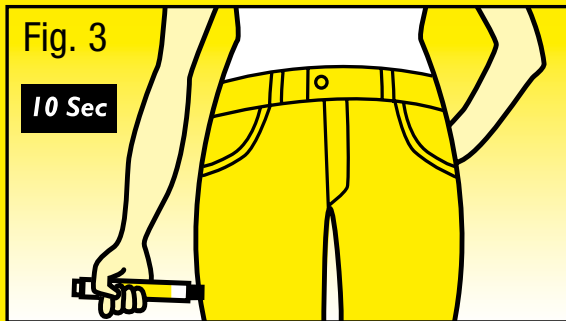
EpiPen® Auto-Injector:



- ▶ Grasp EpiPen® in dominant hand, with thumb closest to grey safety cap
- ▶ With other hand, pull off **grey safety cap** (Fig. 1)



- ▶ Jab firmly into outer thigh, through clothing if necessary (Fig. 2)



- ▶ Hold in place for 10 seconds (Fig. 3)
- ▶ Massage injection area for 10 seconds

BE PREPARED: Administer second EpiPen® Auto-Injector after **5–15 minutes** if patient does not respond or original symptoms return.

TREATMENT QUICK GUIDE

ALLERGIC REACTION

Oral antihistamine

ANAPHYLAXIS

EpiPen® Auto-Injector



Antihistamine when possible



Dial **999** and say
“anaphylaxis”



Administer second EpiPen® dose after **5–15 minutes** if patient does not respond or original symptoms return