

# Patient education

## How to use an EpiPen®

### Step 1

- Remove the EpiPen from the plastic container
- The liquid seen through the window should be clear, colourless and sediment free



### Step 2

- Remove the grey cap from the end of the EpiPen



### Step 3

- Hold the EpiPen tightly in the palm of your hand
- Place black tip gently against the outer thigh (at right angle to leg)
- Push down **HARD** until you hear or feel a 'click'
- Hold in place for 10 seconds



### Step 4

- Remove the EpiPen from thigh
- Be careful not to touch the needle
- Massage the injection site for 10–20 seconds
- Apply firm pressure with a clean cloth
- Record time EpiPen was given
- Call an ambulance

