



How to use EpiPen®

◆ Say each action out loud and double-check as you perform them.

1. Remove from case



Remove the cap from the case and take out the EpiPen®.

2. Grasp firmly



Hold with your dominant hand, pointing the orange colored needle cover downward.

Hold in your fist!

3. Remove the safety cap



Remove the blue safety cap.

4. Inject into thigh



Hold the tip (orange part) of EpiPen® lightly against the person's thigh. Press firmly until you hear a "click". Hold in place while counting to 5.

Do not pull out immediately after injecting!
Continue to press the unit against the thigh while counting to 5!

5. Double-check



Before use /After use

After counting to 5, remove EpiPen® from the thigh and look at the orange colored needle cover. If it is extended, the injection has been successful.

If it is not extended, return to step 4.

6. Massage



Massage the site of injection for 10 seconds.

If you have someone helping you



The helper should hold the person's leg at the base of the thigh and knee, to stabilize the leg during the injection.

injection site

- There is No need to remove clothing. Inject through clothes.
- Inject halfway between base of thigh and knee, and slightly outside of the midline (A).

When person is lying down



When person is seated

