

Recognising anaphylaxis

Symptoms can appear suddenly and progress rapidly. They include:



- Wheezing/difficulty breathing or swallowing
- Swelling of the tongue/throat



- A raised/itchy rash on the skin
- Flushing of the skin
- Swelling of the eyes/lips



- Rapid heart rate
- Feeling lightheaded/faint, clammy/sweaty



- Vomiting/nausea
- Tummy pains/diarrhoea

Avoid being scared... by being prepared.

Anapen[®]

adrenaline (epinephrine)

With you in an emergency

Anapen[®] instructional video can be viewed at
You Tube <http://www.tiny.cc/anapen>

i **T: 0168 69342** (Free Phone Number) in Republic of Ireland
W: anapen.ie



Anapen[®]

adrenaline (epinephrine)

With you in an emergency

- **Always** carry your two Anapen[®] devices with you to ensure the recommended dose can be given
- **Make sure** you and those closest to you are familiar with these instructions, so you can avoid uncertainty in an emergency

i **T: 0168 69342** (Free Phone Number) in Republic of Ireland
W: anapen.ie



How to use Anapen®

Video available at: [YouTube http://www.tiny.cc/anapen](http://www.tiny.cc/anapen)



- 1** Remove the black needle shield by pulling hard, in the direction of the arrow. This also removes a grey protective needle shield.



- 2** Remove the grey safety cap from the red firing button.



- 3** Hold the open end (needle end) of Anapen against the outer part of your thigh.



- 4** Press the red firing button so that it clicks. Keep holding the Anapen Auto-Injector against your thigh for 10 seconds. Slowly remove Anapen from your thigh. Then gently massage the injection area.



- 5** The injection indicator will have turned red. This shows that the injection is complete. If the injection indicator is not red, you must repeat the injection with a new Anapen.



- 6** After the injection, the needle sticks out. To cover it, click the wide end of the black needle shield back on the open end (needle end) of Anapen Auto-Injector.

Call 112
stating
'anaphylaxis'
and be
prepared
to use the
second
Anapen®.

Top tips:

- **Anapen® can be given through clothing, including denim**
- **Use Anapen® without delay at the first onset of symptoms**
- **If possible lay down with your legs elevated following administration of Anapen®**