Allergy Kit

Ana-Kit / Epi-Pen (Anaphylaxis Kit / Epinephrine Injection)

Epinephrine is a medication given by injection to treat severe allergic reactions in adults and children. It is also used for the treatment of severe asthmatic attacks and other *pulmonary* (lung) problems which are aided by *dilating* (enlarging) the small breathing tubes of the lungs.

MEDICATION USAGE

Use this medication as directed by your caregiver. Do not use more frequently or in larger doses than prescribed. If you are using this medicine for asthma, be sure you know how to give yourself an injection, or ask your caregiver to teach you. Your physician may have prescribed an emergency kit for you to use for severe allergic reactions. Give the medication immediately following exposure or as soon as allergy *symptoms* (problems) develop. Some emergency kits also include antihistamine tablets. Take them as directed. **If you have severe life threatening allergic reactions, always carry your emergency kit with you.** This may **save your life** when immediate medical care is not available.

IN AN EMERGENCY:

Inject the medicine into the outer thigh or any available muscle in a life threatening emergency. Your caregiver can help you with instructions for this. **Following a severe reaction, it is necessary to seek immediate medical attention. Call 911, an ambulance, or proceed directly with assistance to the nearest emergency facility.** Epinephrine is rapid acting but it also wears off rapidly so delayed reactions can occur. Do not let an immediate good response lull you into a sense of false security. A delayed reaction may be every bit as serious and dangerous as the initial reaction.

MEDICATION CARE

This medicine is light sensitive and should be stored in a cool dry area. Refrigeration is not required. If the medication becomes discolored (cloudy or a light brownish color), discard safely and replace with fresh medications. Inform your physician or caregivers of other medical conditions such as diabetes, pregnancy, hypertension (high blood pressure), and heart disease which may warrant additional warnings or care. Be sure to inform caregivers of other medications you are on. Some medications can react adversely with epinephrine. With these conditions and others, your caregiver will help you with recommendations.

POSSIBLE SIDE EFFECTS OF EPINEPHRINE:

Serious: chest pain, irregular heart rhythms.
Other: rapid heart beat, *nausea* (feeling sick to your stomach), vomiting, sweating, dizziness, weakness, headache, nervousness.
REPORT ALL SIDE EFFECTS TO YOUR PHYSICIAN.

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