

Using an Epipen

There is no need to undress the casualty, as the injector is designed to be used through clothing. If necessary, lower trousers or lift the edge of a skirt to avoid hitting buckles, zips or the contents of a pocket.

■ Hold the injector in your dominant hand with the grey safety cap nearest your thumb. The black end contains the needle and faces towards the casualty's thigh. Remove the safety cap (Fig 1).

■ From about 10cm swing the Epipen onto the outer thigh, jabbing the black end into the muscle (Fig 2).

■ Hold in place for 10 seconds, while the drug is injected.

■ Remove the Epipen (caution - there is a needle sticking out!) and massage the muscle for 10 seconds.

■ If you haven't already done so, dial 999 or 112 and ask for an ambulance.

■ When the ambulance arrives, give them the used Epipen(s)

Epipens can only be used once. If the casualty does not improve within 5-15 minutes, or gets worse, ask if they have a second auto-injector and use it.



This information is taken from the epipen.co.uk website.