



## Trained staff members

- |          |            |
|----------|------------|
| 1. _____ | Room _____ |
| 2. _____ | Room _____ |
| 3. _____ | Room _____ |

## EpiPen® and Twinject™ Instructions

### EpiPen and EpiPen Jr.

1. Pull off gray activation cap.
2. Hold black tip near outer thigh (always apply to thigh).
3. Swing and jab firmly into outer thigh until auto-injector mechanism functions. Hold in place and count to 10. Remove the EpiPen unit and massage the injection area for 10 seconds.

### Twinject 0.3 mg and Twinject 0.15 mg

1. Pull off green end cap, then red end cap.
2. Put gray cap against outer thigh, press down firmly until needle penetrates. Hold for 10 seconds, then remove.

### *Second dose*

If symptoms do not improve after 10 minutes, administer second dose.

1. Unscrew gray cap and pull syringe from barrel by holding blue collar at needle base.
2. Slide yellow or orange collar off plunger.
3. Put needle into thigh through skin, push plunger down all the way, then remove.

Once an EpiPen or Twinject is used, call 911. Take the used unit with you to the Emergency Room. Plan to stay for observation at the Emergency Room for at least 4 hours.

**For children with multiple food allergies, consider providing separate Action Plans for different foods.**



**Park Nicollet**

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