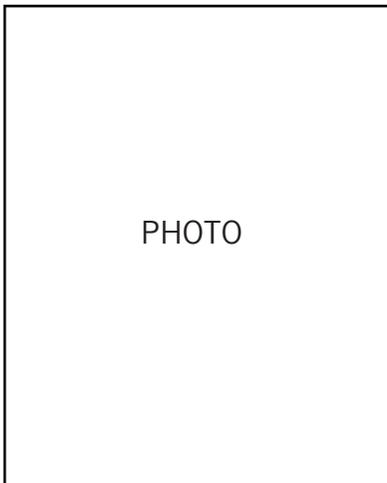


# Anaphylaxis Emergency Plan: \_\_\_\_\_ (name)

## This person has a potentially life-threatening allergy (anaphylaxis) to:



(Check the appropriate boxes.)

Food(s): \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

Insect stings

Other: \_\_\_\_\_

**Epinephrine Auto-Injector:** Expiry Date: \_\_\_\_\_ / \_\_\_\_\_

**Dosage:**

EpiPen Jr® 0.15 mg    EpiPen® 0.3 mg    ALLERJECT® 0.15 mg    ALLERJECT® 0.3 mg

**Location of Auto-Injector(s):** \_\_\_\_\_

**Previous anaphylactic reaction:** Person is at greater risk.

**Asthmatic:** Person is at greater risk. If person is having a reaction and has difficulty breathing, give epinephrine auto-injector before asthma medication.

## A person having an anaphylactic reaction might have ANY of these signs and symptoms:

- **Skin system:** hives, swelling (face, lips, tongue), itching, warmth, redness
- **Respiratory system (breathing):** coughing, wheezing, shortness of breath, chest pain or tightness, throat tightness, hoarse voice, nasal congestion or hay fever-like symptoms (runny, itchy nose and watery eyes, sneezing), trouble swallowing
- **Gastrointestinal system (stomach):** nausea, pain or cramps, vomiting, diarrhea
- **Cardiovascular system (heart):** paler than normal skin colour/blue colour, weak pulse, passing out, dizziness or lightheadedness, shock
- **Other:** anxiety, sense of doom (the feeling that something bad is about to happen), headache, uterine cramps, metallic taste

*Early recognition of symptoms and immediate treatment could save a person's life.*

## Act quickly. The first signs of a reaction can be mild, but symptoms can get worse very quickly.

1. **Give epinephrine auto-injector** (e.g. EpiPen®, ALLERJECT®) at the first sign of a known or suspected anaphylactic reaction. (See attached instruction sheet.)
2. **Call 9-1-1** or local emergency medical services. Tell them someone is having a life-threatening allergic reaction.
3. **Give a second dose of epinephrine** as early as 5 minutes after the first dose if there is no improvement in symptoms.
4. **Go to the nearest hospital immediately (ideally by ambulance)**, even if symptoms are mild or have stopped. The reaction could worsen or come back, even after proper treatment. Stay in the hospital for an appropriate period of observation as decided by the emergency department physician (generally about 4-6 hours).
5. **Call emergency contact person (e.g. parent, guardian).**

## Emergency Contact Information

Name	Relationship	Home Phone	Work Phone	Cell Phone

*The undersigned patient, parent, or guardian authorizes any adult to administer epinephrine to the above-named person in the event of an anaphylactic reaction, as described above. This protocol has been recommended by the patient's physician.*

\_\_\_\_\_  
Patient/Parent/Guardian Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Physician Signature    On file

\_\_\_\_\_  
Date

# Listen up! **Allerject**<sup>®</sup> is now available

Epinephrine Injection, USP

**ALLERJECT<sup>®</sup> is a portable epinephrine auto-injector with built-in voice assistance, designed to be easy to use in an allergic emergency**



**STEP 1 | Pull ALLERJECT from the outer case.**

Do not go to step 2 until you're ready to use ALLERJECT. If you're not ready to use it, put it back in the outer case.



**STEP 2 | Pull off the red safety guard.**

The safety guard is meant to be tight. *Pull firmly to remove.*

To reduce the risk of accidentally injecting yourself, do not touch the black base of the auto-injector (where the needle comes out). If an accidental injection happens, seek immediate medical attention.



**STEP 3 | Place the black end against the middle of the outer thigh (through clothing if necessary), then press firmly and hold in place for 5 seconds.**

Only inject into the middle of the outer thigh (upper leg). Do not inject into any other location.

If you're administering ALLERJECT to a young child, hold the leg firmly in place while administering the injection.

ALLERJECT makes a distinct "click and hiss" sound when you press it against your leg. This is normal and means that ALLERJECT is working correctly.



**STEP 4 | Seek immediate medical or hospital care.**

Replace the outer case and take your used ALLERJECT with you to your doctor or pharmacist for proper disposal and replacement.

## ALLERJECT is available in 2 doses



**ALLERJECT 0.15 mg**  
For children 15 kg to 30 kg

**ALLERJECT 0.3 mg**  
For anyone 30 kg or more

Talk to your doctor or pharmacist to discuss treatment options for anaphylaxis and whether ALLERJECT is right for you. Always read and follow the patient information leaflet that comes with your ALLERJECT device for warnings and precautions, side effects, and complete dosing and administration information.

[Learn more at Allerject.ca](http://Allerject.ca)

### Safety information

ALLERJECT is for the emergency treatment of serious allergic reactions (anaphylaxis) and is intended for people who are at risk and for people with a history of serious allergic reactions (anaphylaxis).

ALLERJECT should be used immediately to treat yourself or your child when experiencing a severe allergic reaction. This is emergency treatment. It does not replace seeing a doctor or going to the hospital. After injection, seek immediate medical attention. Even if you have sought medical help, you must stay within close proximity to a hospital or where you can easily call 911 for the next 48 hours.