

Adrenaline Auto-injectors

EpiPen® is the only brand of adrenaline auto-injector available in NZ.

EpiPen® adrenaline auto-injectors are now funded on prescription with a special authority number

- Anyone who has had anaphylaxis, or whose Doctor thinks there is a significant risk of anaphylaxis, qualifies for a special authority
- Any doctor can apply for the special authority – this only needs to be done once and is valid for a life time
- Once you have a special authority you can be prescribed up to 2 EpiPen® at a time

You can practice using an EpiPen® trainer pen - trainer pens do not have a needle in them. You can request a free EpiPen® trainer by registering your EpiPen® at www.epiclub.co.nz. If you register your pen then EpiClub will also send you a reminder about when your EpiPen® is due to expire.

When your EpiPen® has expired it is a good idea to practice with it by injecting it into an old pillow, cushion or mattress. Once used, please give the EpiPen® to your GP or pharmacy to safely throw away.

Free online learning about recognising anaphylaxis and using an EpiPen is available at <http://allergy.org.au>. There is a short video showing how to use an EpiPen®.

Make sure you, your child and other caregivers regularly review the action plan and how and when to use the EpiPen®.

EpiPen® doses:

- EpiPen® (0.3mg) for adults and children over 20kg
- EpiPen® Jr (0.15mg) for children 7.5-20kg (see link below)

<https://allergy.org.au/hp/anaphylaxis/adrenaline-autoinjectors-faqs>

Other links:

More useful information can be found at:

- Australasian Society of Clinical Immunology and Allergy (ASCIA) <http://www.allergy.org.au/>
- Allergy New Zealand www.allergy.org.nz
- 250K (For adolescents/young adults with allergies)