



Adrenaline Autoinjectors

Parent/Caregiver information

Currently, the EpiPen® is the only adrenaline autoinjector in New Zealand. It is designed to be self-administered or given by individuals who are not medically trained in the event of anaphylaxis.

The EpiPen® contains a single fixed dose of adrenaline which relieves the symptoms of anaphylaxis by opening the airways and assisting the heart.

EpiPen® comes in two strengths which is dependent on the weight of your child:

	WEIGHT	STRENGTH
EpiPen® Junior	10-20 kg	0.15 mg
EpiPen® Adult	Over 20 kg	0.3 mg

Purchasing an EpiPen®

EpiPen® is not funded by PHARMAC. They are available for purchase from pharmacies, but prices and expiry dates are variable, so it can be helpful to shop around. They are also available from various online pharmacies (eg. www.allergypharmacy.co.nz.)

ACC

If a claim is lodged with ACC at the time of an anaphylactic event, they may reimburse some of the cost of replacing your used EpiPen®. It is therefore important to keep the receipts of EpiPen® purchases.

Once used, an EpiPen® needs to be discarded into a sharps container at your GP practice or given to ambulance staff.

Storing your EpiPen®

It is important to ensure your EpiPen® is accessible at all times and not locked away. It should always be accompanied by your ASCIA Action Plan and asthma medications (if asthmatic). The EpiPen® should be kept between 15-25°C and protected from light, insulated wallets can help with this. It must never be refrigerated.

EpiPen's have a short shelf life of 20 months from their manufacture date. It is important to ensure the EpiPen® is not expired and regularly check that the viewing window shows clear solution (ie. not cloudy, brown or with sediment).

Further support

Epiclub — when you purchase your EpiPen® you can register the device at www.epiclub.co.nz. Epiclub will send you reminders when your EpiPen® is close to expiring.

Allergy New Zealand — Allergy NZ is a national charity designed to provide education and support to families who have children with allergy in New Zealand www.allergy.org.nz

ASCIA — the Australasian Society of Clinical Immunology and Allergy has many resources available to families such as frequently asked questions www.allergy.org.au. They also have an online free course in managing allergies <https://anaphylaxis.ascia.org.au>

Public Health Nursing Service — the PHNS provide allergy and anaphylaxis teaching for preschools and schools in Canterbury. It is important that your child's school is educated around your child's allergies and managing these. If your paediatrician or GP hasn't already referred to this service, you can self-refer by phoning 383 6877 ext.99777 or emailing PHNBurwood@cdhb.health.nz.