

# EpiPen admin

## EpiPen

### Indications (check all that apply):

- Pt exposed to a known allergen and has systemic S&S:
  - Hives, general itching
  - Respiratory difficulty*

### Contraindications:

No absolute contraindications to use of epi in life-threatening situation

### Required documentation:

Vitals before admin  
Any allergies  
Med admin time, dose, site  
Any change in pt's status 5–10 mins after med admin

### Dose:

Adult: 0.3 mg (1:1000)  
Peds (< 50 lb): 0.15 mg (1:2000)

### Administration:

Wipe injection site with alcohol prep  
Use auto injector (hold in site for 10s)  
Rub injection site after admin  
Discard EpiPen in sharps container  
Remove stinger if possible by scraping  
Apply ice pack to sting site  
If no improvement in 10 mins, consider 2<sup>nd</sup> dose (with med control approval)

### Actions:

Dilates bronchioles  
Constricts blood vessels  
Sympathomimetic, acts on both alpha and beta receptors  
Short-acting; another dose may be needed (contact med control prior to 2<sup>nd</sup> dose)

### Possible Side effects:

Incr heart rate	Headache
Nausea	Vomiting
Nervousness & anxiety	Poss. Chest pain, pallor
Palpitations	Respiratory difficulty

### Documentation:

1. O<sub>2</sub> sats prior to tx: \_\_\_\_\_
2. O<sub>2</sub> at 12–15 L/M; time: \_\_\_\_\_
3. Pt medical history: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
4. Vitals w/O<sub>2</sub> sats: \_\_\_\_\_
5. Pt allergies: \_\_\_\_\_  
\_\_\_\_\_

### *EpiPen administration:*

1. EpiPen into left/right thigh; time: \_\_\_\_\_
2. Vitals w/O<sub>2</sub> sats, time: \_\_\_\_\_
3. Any improvement? \_\_\_\_\_