

HEALTHEAST MEDICAL TRANSPORTATION  
MEDICAL OPERATIONS MANUAL

**EPIPEN & EPIPEN JR.**

**Drug Classification: Adrenergic agent**

**BACKGROUND**

**Pharmacodynamics**

Epinephrine binds with alpha and beta-receptors, producing increased blood pressure, increased heart rate, and bronchodilation.

**Indications**

- Allergic reactions and anaphylaxis with evidence of severe respiratory distress, increased heart rate, hives, and/or decreased blood pressure.

**Contraindications**

- None in the emergency setting

**Cautions**

- Use with caution in patients with cardiovascular disease, hypertension, closed-angle glaucoma, diabetes

**DOSAGE and ADMINISTRATION**

1. Describe the procedure to the patient and obtain consent, if possible.
2. Pull off safety cap.
3. Wipe injection site with alcohol.
4. Place tip of EpiPen/EpiPen Jr.<sup>1</sup> on exposed thigh (anterior or lateral) at right angle to leg.
5. Press hard into thigh until auto-injector mechanism triggers, and hold in place for several seconds.
6. Remove the EpiPen and discard in sharps container.
7. Massage injection site for 10 seconds to enhance absorption.
8. With persistent severe anaphylaxis, additional injections may be necessary. Consult with medical control if a second dose is indicated.

**ADVERSE REACTIONS/SIDE EFFECTS**

- Anxiety, headache, cardiac arrhythmias, hypertension, tremors, chest pain, nausea, vomiting.

**NOTES**

<sup>1</sup> Adults (>60 lbs): **1:1,000 epinephrine (Adrenalin) 0.3 mg IM** (one EpiPen)

Children (<60 lbs): **1:2,000 epinephrine (Adrenalin) 0.15 mg IM** (one EpiPen Jr.)

<sup>2</sup> May be administered through clothing if patient condition does not permit clothing removal.

**REFERENCE GUIDELINE:**

**5A Allergic Reaction/Anaphylaxis**