Please be sure to follow your doctor’s instructions on how to use EpiPen®.
What is anaphylaxis?

It is a severe, acute allergic reaction involving the whole body in a short period of time.

An allergy is a condition causing various symptoms such as itch, sneezing, irritation, by overreacting “immunity”, a mechanism to protect human body from foreign substances. Anaphylaxis is a severe, acute allergic reaction involving the whole body, usually occurring within minutes to several tens of minutes after exposure to the trigger (allergen).

Typical causes of anaphylaxis (allergens)

Eating food
(Egg, milk, wheat, buckwheat noodles(soba), peanuts, etc.)

Insect stings to bring toxic substances into body
(Yellow hornets, paper wasps, honeybees, etc.)

Medication
(Antibiotics, antifebrile/analgesic drugs, vaccines, anesthetic drugs, etc.)

*In addition, anaphylaxis may be caused by latex products (natural rubber gloves, etc.) or exercise.
Anaphylaxis may lead to anaphylactic shock, which can be life-threatening.

Anaphylaxis causes various symptoms. They change rapidly and may lead to a state called “anaphylactic shock”, in which blood pressure drops and leads to shock symptoms such as impaired consciousness and life-threatening status. Therefore, paying close attention is necessary.

Main symptoms of anaphylaxis

<table>
<thead>
<tr>
<th>Internal symptoms</th>
<th>Visible symptoms</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Systemic symptoms</strong></td>
<td>Anxiety, helplessness</td>
</tr>
<tr>
<td><strong>Cardiovascular symptoms</strong></td>
<td>Cardiac palpitation, chest discomfort</td>
</tr>
<tr>
<td><strong>Respiratory symptoms</strong></td>
<td>Nasal congestion, tightness in the throat or chest</td>
</tr>
<tr>
<td><strong>Digestive symptoms</strong></td>
<td>Nausea, abdominal pain, discomfort in mouth, urge to defecate or urinate, borborygmi (abdominal rumblings)</td>
</tr>
<tr>
<td><strong>Mucosal/skin symptoms</strong></td>
<td>Itches</td>
</tr>
<tr>
<td><strong>Neurological symptoms</strong></td>
<td>Numbness of the lips, Numbness in the tips of extremities, tinnitus, dizziness, vision going black</td>
</tr>
</tbody>
</table>

Reproduced after partial modification with permission from Hisao Tomioka: Anaphylaxis, Clinical Allergology (supervised by Terumasa Miyamoto), revised version 2, p.274, 1998; Nankodo Co., Ltd. [in Japanese]

Anaphylactic shock

Drop in blood pressure

Difficulty breathing

Loss of consciousness

Anaphylactic shock is a life-threatening condition.
Unexpected risks of anaphylaxis

The majority of anaphylactic episodes in children are caused by food. It is therefore most important to consult with a doctor first to have the causative food (allergens) ascertained and then to avoid such food in accordance with the instructions of the doctor. However, it may be impossible to avoid food allergens at preschool, kindergarten and elementary school.

Actions taken by schools to prevent food allergy reactions

To build an environment which enables children with allergic diseases to have safe and comfortable time at school where they spend many hours, schools are advised to take measures based on the school life management guidance table (for allergic diseases). The tables should be filled out by attending physicians of such children and submitted to schools by their parents. Schools then collect accurate information on food allergies those children have, determine the measures to be taken for school meals through interviews with parents, remind all school personnel of the risk awareness and develop a system for emergency, etc.

Example: School life management guidance table (for allergic diseases)

*For the life management guidance table for allergic diseases at preschool (food allergies, anaphylaxis and allergic rhinitis), please visit the website below:
URL: http://www.mhlw.go.jp/bunya/kodomo/pdf/hoiku03_005.pdf

From “Guidelines on Measures to be Taken for Allergies at Schools” Published by the Japanese Society of School Health
- **Potential situation causing anaphylaxis beyond parental supervision**

- **School meals**
  e.g. Tasting, refill, etc.

- **Field trip, overnight school trips**
  e.g. School trip, summer camp, etc.

- **Sports day**

- **Home economics class**
  Cooking egg, etc.

- **Art and science classes**
  e.g. Japanese buckwheat flower, wheat clay, etc.

- **On the way to and from school**
  e.g. Trading snacks, etc.

- **Birthday party, rummage sales**
  e.g. Japanese buckwheat flower, wheat clay, etc.
**What is EPIPen®?**

**EPIPen®** is a self-injection device that administers adrenalin to be used when anaphylaxis occurs to temporarily delay progression of symptoms and prevent anaphylactic shock until treatment by a physician.

Any of the following symptoms Upon, inject **EPIPen®** and call an ambulance as soon as possible.

- **Symptoms EPIPen® should be used**

<table>
<thead>
<tr>
<th>Digestive symptoms</th>
<th>Respiratory symptoms</th>
<th>Systemic symptoms</th>
</tr>
</thead>
<tbody>
<tr>
<td>● Repeated vomiting</td>
<td>● Tightness in throat or chest</td>
<td>● Pale lips and nails</td>
</tr>
<tr>
<td>● Persistent severe</td>
<td>● Hoarseness</td>
<td>● Weak/irregular pulse</td>
</tr>
<tr>
<td>(unbearable) abdominal pain</td>
<td>● Barking cough</td>
<td>● Loss of bladder or bowel control</td>
</tr>
<tr>
<td></td>
<td></td>
<td>● Clouding of consciousness</td>
</tr>
<tr>
<td></td>
<td></td>
<td>● Unconscious</td>
</tr>
</tbody>
</table>

Excerpt from Anaphylaxis Responses: Indications for EpiPen for General Public by the Japanese Society of Pediatric Allergy and Clinical Immunology Working Group
Anaphylaxis caused by food is reported to cause cardiac arrest in only 30 minutes.

- **Time from onset of anaphylaxis caused by food to cardiac arrest**
  (median) [Overseas data]

[Study overview]
Method: Based on findings from medical histories, shock reactions, autopsy, etc. of patients with fatal anaphylaxis, including death, time from onset of anaphylaxis to cardiac arrest, timing of adrenalin use, prognosis, etc. were surveyed.

Chart created based on: Pumphrey, R. S. H.: Clin Exp Allergy 30(8): 1144, 2000

Keep in mind that symptoms like the following may occur after EpiPen® is injected.

- **Major side effects of EpiPen®**
  - Palpitation
  - Headache
  - Dizziness
  - Anxiety
  - Tremor
  - Symptom of sensitivity
  - Nausea/Vomiting
  - Sensation of heat
  - Sweating etc.

The following symptoms may rarely be observed: difficulty breathing, increased pulse rate, and arrhythmia.
In such a case, stop using EpiPen® and see a doctor promptly.
Consult a doctor or pharmacist when any concerning symptoms other than those mentioned above are seen.
What kind of medicine is EPIPen®?

EPIPen® is a self-injection drug product with improved safety, no needle exposed before and after use.

### Features of EPIPen®

- **Blue safety cap**
  Safety feature to improve visibility and prevent unintentional injection

- **Ergonomically-designed, easy-to-grasp grip**
  Allows for a firm grip and easy handling

- **Easy-to-understand, illustrated instructions**
  Large illustration allows for rapid understanding of how to use

- **Easy-to-open, one-step, push-up carrying case**
  Designed for one-hand opening

- **Built-in orange-colored needle cover**
  No needle exposure before and after use (improved safety)

- **Bright orange-colored tip**
  Allow to easily recognize needle tip

**Check**
Never disassemble the main body of EPIPen® as this may result in accidental injection.
Properly store your EPIPEM® on a regular basis so it is always ready for use.

For proper storage of your EPIPEM®

So you can use it anytime ...

- Keep EPIPEM® within reach at home
- Carry EPIPEM® with you whenever leaving home

How to store your EPIPEM®

- Store and carry EPIPEM® in the carrying case

- Store EPIPEM® Preferably at 15-30°C

- Keep EPIPEM® out of reach of small children

Precautions when carrying EPIPEM® with you

- As EPIPEM® is made of plastic and if you drop it on a hard surface such as concrete, it may be damaged.
- If you would like to bring EPIPEM® in a plane, notify the airline upon reservation that you will be carrying EPIPEM® in the plane with you to avoid troubles at checking in.

Tips for carrying EPIPEM® around in summer

- [Examples]
  - Put it in a cooler bag (Note: we do not provide any accompanying cooler bag)
  - Keep it in a bag with refrigerant stored in a refrigerator and wrapped in a towel (frozen refrigerant can chill EPIPEM® too much).
  - With no refrigerant, keep it in a bag with a plastic bottle of cold beverage.

Note that we do not guarantee you can keep EPIPEM® below 30°C with the above-mentioned measures. Also, please be aware of the possibility of causing failure of EPIPEM® by cooling rapidly.

Regularly check EPIPEM® if the drug solution visible through the window of the injector becomes discolored or has any deposits. In such a case, immediately get a prescription for another EPIPEM®.
What can I do for anaphylaxis symptoms

Diagnosis by a physician and periodical consultations are important

The basis of dietary management is to avoid (remove) foods that trigger allergic reactions (allergen). However, for the healthy growth of children, unnecessary removal of foods should be avoided. In fact, I have seen many parents who avoid foods more than necessary based on self-judgment. To ensure minimal food avoidance and those children’s necessary nutrition and improve quality of life of your child, parents should consult with a doctor to have the allergen(s) determined accurately and take the best course of action.

Parents may worry about their children because of the restrictions on what they can eat or because their children cannot eat what other students eat. However, food allergies tend to fade with age, therefore parents should have their children regularly checked for changes in their allergies to confirm if they have become able to eat those foods.

There are still many foods people with food allergies can eat. With seasonal vegetables and fish, you can have an enjoyable diet even without eggs, milk and wheat. With balanced meals, try to make children’s daily diet enjoyable.

“Preparing” anaphylactic symptoms

When children start to attend preschool, kindergarten and elementary school, they will spend much of time beyond parents’ supervision. It is necessary for parents and schools to share accurate information, based on consultations with a doctor, on what foods should be avoided, emergency responses etc. However, no matter how careful, there is still risk for those children of accidentally being exposed to causative foods with school meals etc. Therefore it is important to carry an EpiPen® at all times to be prepared for especially developing anaphylactic symptoms.
What can I do for anaphylaxis symptoms by eating causative food?

Repeat practicing with EPIPen® Trainer on regular basis

Since EPIPen® is an injection, some people may feel scared or hesitate to use it. However, the active ingredient contained in EPIPen® is a naturally occurring hormone secreted in our body (adrenalin*). You may have experienced your heart beating faster when you get very angry, excited or nervous. This is due to adrenalin. Your heart rate usually returns to normal after 15 minutes or so. This is also true for EPIPen®. In about 15 minutes after injecting EPIPen®, you should feel normal again. This is such a medicine.

EPIPen® is expected to help save those children’s lives in an emergency. Therefore, it is also important to practice using EPIPen® regularly with the “EPIPen® Trainer”. Making sure those children always carries their EPIPen® will give you piece of mind to watch they grow.

*: Adrenalin is a hormone secreted by an organ called adrenal gland when we’re angry, excited, or nervous and it helps us in case of emergencies.
**Actions to be taken in cases of anaphylaxis**

Once you see any of symptoms for which EpiPen® should be used (see P.5), inject EpiPen® into the anterolateral (front-outer side) of your thigh and call an ambulance immediately.

- **Actions to be taken in cases of anaphylaxis**

  - Call an ambulance

  - In case of unconsciousness or loss of consciousness.
    - Lay the child down on their back, keeping their feet raised.

  - In case of nausea or vomiting.
    - Lay the child on their side.

  - In case of difficulty breathing and unable to lay on the back.
    - Put the child in a seated position, leaning back.

If the child cannot inject EpiPen® by him/herself, the parent or teacher/childcare worker should do so instead.

(Unavoidable use of EpiPen® by teachers and childcare workers for life-saving is allowed under the Medical Practitioners’ Act, and they will be irresponsible.)
Keep practicing with the “EPIPen® Trainer” so you can inject EPIPen® correctly when needed.

### How to use EPIPen® –Practice with the “EPIPen® Trainer”–

#### STEP 1 Preparation
Firmly hold the middle of the EPIPen® with your dominant hand with the orange tip facing downward. With your other hand, remove the blue safety cap.

#### STEP 2 Injection
Apply EnPen® vertically to your front-outer thigh, and press the tip of the orange needle cover firmly until you hear a “click”. Hold for several seconds with pressing it against your thigh.

- Look at where you inject while practicing.
- Grip EPIPen® so as not to place your thumb on the upper or lower tips.
- Only inject the solution into your front-outer thigh.
- Firmly hold EPIPen® not to move the administration site.
- Do not inject by swinging the EPIPen® onto your thigh.

#### STEP 3 Check
After injection, check whether the orange needle cover has been extended.

- **Before use**
- **Extended needle cover**
- **After use**

#### STEP 4 After treatment
1. Put the blue safety cap back by pushing its tip into its original position.
2. Place the tip of the orange needle cover on a hard surface (desk etc.). Put the main body of the trainer in by pressing it downward while holding the upper part of the orange needle cover on the both side with fingers.

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*If other person administers*
- When the administration site is moved, the injection site may be damaged, or the needle may bend to prevent it from being removed. Please pay attention, e.g., to firmly hold the administration site.

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Adapted with modification of image for “injection with EPIPen® in sitting position” from page 21 of “Fully-understandable guidebook for food allergy to prevent asthma (zensoku yobo no tameno yokuwakaru shokumotu arerugi taio gaidobukku) 2014”

How to use EPIPen®

When you see signs or symptoms of anaphylaxis, inject EPIPen®

How to use EPIPen® -When anaphylaxis occurs-

**STEP 1 Preparation**

Open the cover cap of the carrying case with a finger, and take the EPIPen® injector out. Firmly hold the middle of the EPIPen® with your dominant hand with the orange tip facing downward. With your other hand, remove the blue safety cap to unlock the injector.

- While the blue safety cap is in place, the spring is locked so the needle will not come out accidentally. Do not take the blue safety cap off until use.
- Handle the injector carefully after removing the safety cap to prevent accidental injection.
- Never place your thumb, fingers or hands over the tip of the orange needle cover.
- Check before use if the drug solution visible through the window of the injector is discolored or if any deposits are in the solution.

**STEP 2 Injection**

Apply EPIPen® vertically to your front-outer thigh, and press the tip of the orange needle cover firmly until you hear a “click”. Hold it on your thigh for several seconds. Remove EPIPen® from your thigh.

- Grip EPIPen® so as not to place your thumb on the upper or lower tips.
- Only inject the solution into your front-outer thigh.
- Firmly hold EPIPen® so as not to move the administration site.
- Do not inject by swinging the EPIPen® onto your thigh.
- In emergencies, you can inject the solution through clothing.

If other person administers

- When the administration site is moved, the injection site may be damaged, or the needle may bend to prevent it from being removed. Please pay attention, e.g., to firmly hold the administration site.

If other person administers

- When the administration site is moved, the injection site may be damaged, or the needle may bend to prevent it from being removed. Please pay attention, e.g., to firmly hold the administration site.

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Correct way of holding to avoid accidental injection

- **DANGER.** Never place your fingers, thumb or hands on the tip of the orange needle cover. The needle comes out of the orange tip. About 1.5 cm (for 0.3 mg) or about 1.3 cm (for 0.15 mg) of needle will come out from the tip of the orange cover.
- **DANGER.** Never disassemble EpiPen®.

**Check**

- EpiPen® injection solution 0.3mg and EpiPen® injection solution 0.15mg can be used in the similar way. Never inject the solution into your buttocks or arm. If you use EpiPen® on the wrong site on your body, visit the nearest medical institution immediately.

**Step 3 Check**

After injection, check whether the orange needle cover has been extended. If so, injection is complete (The needle is within the orange needle cover).

- If the orange needle cover is not extended, injection is not complete. Repeat Steps 1-3 for injection.
- After injection, get a medical attention immediately.

**Step 4 After treatment**

Put the used EpiPen® back into the carrying case with the orange needle cover first.

- After injection, the cap of the carrying case cannot be closed because the orange needle cover is extended. Do not try to force it into the case.
- After injection, a large portion of the drug solution (about 1.7mL) remains in the injector, but the solution cannot be injected again.
- Report to your doctor that you used EpiPen® injection solution and give the used EpiPen® injector and the blue safety cap to the medical institution, etc.

**For movie of how to use visit EpiPen® site at www.epipen.jp**
Attention: EPIPen® has an expiration date! Be sure to register with the “Expiration Reminder Service” to prevent the use of an expired EPIPen®.

How to register with the “Expiration Reminder Service” for EPIPen®
(Re-registration necessary for refill prescription)

Application for registration

Registration through App
After downloading “My EPI,” tap “Add new EpiPen” button and image the manufacturing number and the expiration date.

Registration via the website
Visit the “EpiPen®” website (http://www.epipen.jp) and click on “Registration” button for “Expiration Reminder Service.” Then, enter the necessary information to the form and send it.

Registration with the postcard
Fill out and post the registration postcard.

Notice of the expiration date
You will receive the notification about one month before the expiration date.
*If your address or e-mail address, etc. has been changed, contact EpiPen® Customer Support Center below.

Visit medical institution/pharmacy
Prior to the expiration date, bring the unused EPIPen® to your medical institution/pharmacy.
*It will be disposed of as a medical waste at the institution/pharmacy.

Get a refill prescription
You should see your doctor again to receive a refill prescription of EPIPen®.

Register again as previously.

The registration card is included in the box with the product.
If you lose the registration postcard or you have moved and your address has been changed, contact EpiPen® Customer Support Center.

EPIPen® Customer Support Center 0120-303-347 (toll-free in Japan)

We promise that your personal information provided will be used for the notice of the expiration date, etc., and will not be used for other purposes and the information will not be provided to third parties.