

Step by Step: Using an EpiPen

Here's how to inject epinephrine using an autoinjector (EpiPen).

1. Grasp the injector in your fist with the tip pointing down, and don't touch the tip. Then pull the cap off the top with your other hand.

Giving the injection into bare skin is best, but you can jab through clothing if you need to.

2. Hold the tip of the injector close to your outer thigh at a 90-degree angle.

Then swing your arm away from your body and jab the tip firmly into your outer thigh.

3. Hold the injector in the thigh for 3-10 seconds or as instructed on the package insert and then the injection is complete.

4. Remove the injector straight out, and place your hand on the area where the medicine entered the skin.

Rub the area for about 10 seconds.

5. A shield will cover the needle once it's removed from the thigh. Put the used injector back into its storage tube.

Don't try to use the injector again.

6. Call 911, and keep the used injector with you.

7. If symptoms continue, worsen, or come back after 5 minutes, use a second injector.