

EpiPen® and Auvi-Q®

EpiPen®

EpiPen® (adult or junior), is a medical device that injects doses of adrenalin. It is used as an emergency treatment for severe allergic reactions. This includes anaphylaxis.



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When to use EpiPen®

Use an EpiPen® if you are having one or more of the following symptoms:

- **Lungs** – Short of breath, wheeze, repetitive cough.
- **Heart** – Chest pain, dizziness, faint, weak pulse, confused.
- **Throat**– Tight, hoarse, trouble breathing or swallowing, feeling of a lump in your throat.
- **Mouth** – Swelling of tongue, lips, eyes, throat, hands or feet.
- **Skin** – Many hives over body, facial swelling, vaginal itching.
- **Gut** – Nausea, vomiting, cramping pain, diarrhea.

Call 911 after using, as this medicine will wear off in about 20 minutes. You should be seen by medical personnel in case your symptoms do not improve, or return.

If **911** service is not available, have someone drive you to the nearest emergency room.

How to use an EpiPen®

1. Pull out the blue safety cap only when you are ready to use the pen.
2. Aim orange tip toward outer thigh.
3. Using a gentle swinging motion, firmly press pen into thigh.
4. Hold the EpiPen® against the thigh for 3 seconds.
5. Give the pen through clothing if needed.
6. Store at room temperature in a dark place.
7. Be aware of the expiration date on the EpiPen® device. Replace EpiPen® if solution is not clear.

EpiPen® Common Side Effects

- Shakiness
- Fast heart rate that lasts about 20 minutes.

Allergy Action Plan

Patients and families are encouraged to review the EpiPen® instructions. Practice with the EpiPen® trainer device. Familiarize yourself with the Allergy Action Plan provided by the clinic. Please share this information. Show the trainer device to daycare providers, teachers, grandparents, etc. This can help everyone prepare for an event of a severe allergic reaction.

For More Information

Scan QR code below. It will access video: How to use EpiPen®.



Auvi-Q[®]

Auvi-Q[®] (adult or junior), adrenalin, is used as an emergency treatment. It is for severe allergic reactions. This includes anaphylaxis.



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When to use Auvi-Q[®]

Use Auvi-Q[®] if you are having one or more of the following symptoms:

- **Lungs** – Short of breath, wheeze, repetitive cough.
- **Heart** – Chest pain, dizziness, faint, weak pulse, confused.
- **Throat** – Tight, hoarse, trouble breathing, or swallowing, feeling of a lump in your throat.
- **Mouth** – Swelling of tongue, lips, eyes, throat, hands or feet.
- **Skin** – Many hives over body, facial swelling, or vaginal itching.
- **Gut** – Nausea, vomiting, cramping pain, diarrhea.

Call 911 after using, as this medicine will wear off in about 20 minutes. You should be observed by medical personnel in case your symptoms do not improve, or return.

If **911** service is not available, have someone drive you to the nearest emergency room.

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Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person's health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright © 11/2025 University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing. HF#8442.

How to use Auvi-Q[®] Device

1. Pull Auvi-Q[®] device up from outer case.
2. Pull off red safety guard.
3. Place black end against the middle of the outer thigh. Through clothing if necessary.
4. Press firmly and hold in place for 2 seconds. This device will make a click and hiss sound when activated. This is normal and tells you the Auvi-Q[®] is working correctly.
5. Replace outer case. Then take the used Auvi-Q[®] to a health care professional for proper disposal. **Each Auvi-Q[®] device gives a single dose.**
6. Store at room temperature in a dark place.
7. Be aware of the expiration date on the Auvi-Q[®] device.

Auvi-Q[®] Common Side Effects

- Shakiness
- Fast heart rate that lasts about 20 minutes.

Allergy Action Plan

Patients and families are encouraged to review the Auvi-Q[®] instructions. Practice with the Auvi-Q[®] trainer device. Get to know the Allergy Action Plan provided by the clinic. Please share this information. Show the trainer device to daycare providers, teachers, grandparents, etc. This can help everyone prepare for an event of a severe allergic reaction.