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## EpiPen® Trainer Instructions for Use

### EpiPen Trainer Instructions for Use

**In an emergency: Do not use the grey Trainer. Use your real yellow EpiPen® or green EpiPen Jr® Auto-Injector.**

#### Important Information

- **The Trainer label has a grey color.**
- **The Trainer contains no medicine and no needle.**
- Periodically practice with the grey colored Trainer before an allergic emergency (anaphylaxis) happens to make sure you are able to safely use the real yellow EpiPen or green EpiPen Jr Auto-Injector in case of an emergency.
- Always carry your real yellow EpiPen or green EpiPen Jr Auto-Injector in case of an allergic emergency.

### The EpiPen Trainer

Familiarize yourself with this grey Trainer. Practice until you are comfortable using it.

**Your grey colored  
Trainer:**



**Blue Safety Release**  
(do not remove until ready for use)

**Orange Tip**

- Never put your thumb, other fingers, or hand over the Orange Tip.
- The Orange Tip is where the needle comes out of your EpiPen or EpiPen Jr Auto-Injector.

### Practice Instructions

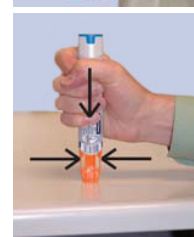


#### 1 Prepare the Trainer for Simulated Injection

- **Grasp the grey Trainer in your fist with the orange tip pointing downward.**
- With your other hand, **remove blue safety release by pulling straight up** without bending or twisting it.
- Removing the blue safety release unlocks the Trainer.

#### 2 Administer the Trainer Simulation

- **If practicing with a young child, hold the leg firmly in place while using the EpiPen Trainer.** Ask your healthcare provider to show you how to properly hold the leg to practice so that you will be prepared before an allergic emergency happens.



- Place the orange tip against the middle of the outer thigh (upper leg) at a right angle (perpendicular) to the thigh.
- **Swing and push the trainer firmly** until it 'clicks.' The click signals that the injection has started.
- **Hold firmly in place for 3 seconds (count slowly 1,2,3).**
- **Remove the Trainer from the thigh** and massage the injection area for 10 seconds. The orange tip automatically extends out after use.

Note:

- In an actual emergency, you would need to seek medical help right away
- The actual auto-injector is made to work through clothing
- Do not inject into any other part of the body

#### 3 To reset the Trainer

- Put the blue safety release back on the Trainer
- Place the orange tip on a hard surface
- Squeeze the sides of the orange tip and push down on the Trainer with the other hand

**Note: With the real yellow EpiPen or green EpiPen Jr Auto-Injector, the orange tip covers the needle after self-injection to help protect you from accidentally sticking yourself or others.**

Practice Session Information

In case of an allergic emergency, use the real yellow EpiPen or green EpiPen Jr Auto-Injector and not the grey Trainer.

Follow instructions above. Repeat as often as needed until you are able to self-inject quickly and correctly.

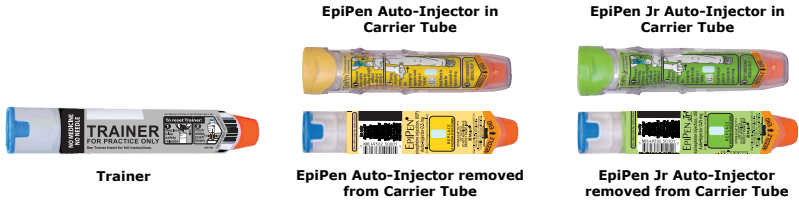
- Reread:
- These Trainer Instructions for Use
  - The "Patient Information" that comes with your EpiPen or EpiPen Jr Auto-Injector

- Train others who could help you in an emergency:
- Your parents, caregivers, and others who may be in a position to administer EpiPen or EpiPen Jr should know how to help you during an allergic emergency (anaphylaxis). Before an emergency occurs, have them:
    - Practice activating the Trainer
    - Read these Trainer Instructions and the "Patient Information"

For more information about the EpiPen and EpiPen Jr Auto-Injector and the proper use of the products, go to [www.epipen.com](http://www.epipen.com).

Caution:

Important differences between the Trainer and your real yellow EpiPen or green EpiPen Jr Auto-Injector



	TRAINER (Grey)	EpiPen (Yellow)	EpiPen Jr (Green)
Contains medication?	NO	YES	YES
Has needle?	NO	YES	YES
Comes in Carrier Tube?	NO	YES	YES
Color of Label?	Grey	Yellow	Green
Has expiration date?	NO	YES	YES
Can be reused?	YES	NO (use only once)	NO (use only once)
Okay to remove and replace safety release?	YES	NO (remove just once before use)	NO (remove just once before use)
Pressure needed to hold against thigh?	Moderate	Strong	Strong

This Trainer Instructions for Use has been approved by the U.S. Food and Drug Administration.

Manufactured for Mylan Specialty L.P., Morgantown, WV 26505, U.S.A. by Meridian Medical Technologies, Inc., Columbia, MD 21046, U.S.A., a Pfizer company

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