

**ALLERGY & CLINICAL IMMUNOLOGY
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EpiPen or Twinject Instructions

*** Please keep the EpiPen or Twinject (containing epinephrine) with ***
you at all times for at least 3 hours after you allergy injection.

A. Local Allergic Reactions:

A local reaction consist of swelling or redness at the site of the injection, usually within 10- 30 minutes. A cold compress and an antihistamine will help relieve a local reaction.

B. Systemic Allergic Reactions:

A systemic reaction is bodily upset closely following the injection of allergy extract. This can occur within a few minutes or up to several hours later.

1. Signs of a systemic reaction are:

- Itching of the skin and/ or hives (itching usually starts @ face, hands & soles of the feet.
- Increased allergy systems such as sneezing.
- Swelling of the lips, throat, tongue, hands or feet
- Respiratory symptoms: wheezing, coughing, shortness of breath
- Vomiting, headache, dizziness, abdominal cramps, feeling faint
- Sense of impending doom, loss of consciousness

2. If only mild systemic symptoms are present, take an antihistamine and call our office to discuss the problem before proceeding with the following step.

3. Very rarely a severe systemic reaction may occur. If this happens, use the EpiPen or Twinject according to our instructions and seek emergency medical care immediately ((Call 911)). Relief from symptoms may be temporary, and more treatment may be necessary by trained medical personnel. Take an antihistamine, if you have not already done so.

C. ** Side Effects of EpiPen or Twinject**

Normal side effects of epinephrine may include rapid heart rate, tremor, nervousness, weakness, headache, sweating, dizziness or pallor lasting for 20 to 60 minutes.

Joseph Pflanzner, M.D.
Diplomat of the American Board of Allergy and Immunology

MILD

Take antihistamines
and call the office.

SEVERE

Use EpiPen