

# EpiPen® Auto-Injector

## NEW ADMINISTRATION

### Frequently asked questions



#### Should I need to use my EpiPen®, how long do I hold it in place?

Using the EpiPen® is now as simple as PULL, PUSH and HOLD for 3 seconds. Medsafe have approved a label change, reducing the injection time from 10 to 3 seconds. This means that after pushing the orange end into the outer mid-thigh, you now only need to hold the EpiPen® in place for 3 seconds, making it quicker to administer in an emergency. Watch [this video](#) for more information. It is important to note that the EpiPen® itself has not changed, just the label.

#### Why has the EpiPen® injection time changed to 3 seconds?

Reducing the EpiPen® injection hold time from 10 to 3 seconds is to improve patient safety. Holding the EpiPen® in place for 3 seconds is sufficient to ensure delivery of the medicine. This means that after pushing the orange end into the outer mid-thigh, you now only need to hold the EpiPen® in place for 3 seconds, making it quicker to administer in an emergency. Watch [this video](#) for more information.

#### What happens if I hold the EpiPen® in place for 10 seconds?

If you hold the EpiPen® in place for 10 seconds and not 3 seconds, it will not affect the way the EpiPen® (adrenaline) works. If held in place for 10 seconds, you are just holding the EpiPen® in the thigh for longer than it needs to be held before it is removed.

#### Should I massage the injection site after use?

No, there is no need to massage the injection site after use as this has been shown to reduce the risk of skin tissue irritation.

#### What happens if I massage the site after injecting the EpiPen®?

If you massage the site of injection for 10 seconds after administration, it will not affect the way the EpiPen® (adrenaline) works. There is no need to be concerned.

#### My EpiPen® has a label that says to hold the EpiPen® in place for 10 seconds. Do I have to get a new EpiPen®?

If you have an EpiPen® with a 10-second label, you do not need to get it replaced. EpiPen® Auto-Injectors only need to be replaced if they have been used, just before the expiry date or if they have already expired. All EpiPen® Auto-Injectors should now be held in place for 3 seconds, regardless of the instructions on the device label. Watch [this video](#) for more information.

#### My ASCIA Action Plan for Anaphylaxis says to hold the EpiPen® in place for 10 seconds and massage the injection site after use. How do I get a new ASCIA Action Plan with the new instructions?

You can [download](#) an updated ASCIA action plan here.

#### How can I inform my carers of these changes to the use of EpiPen®?

Please share [this video](#) with your family, friends, carers and colleagues which explains the changes on how to use the EpiPen®.

#### My EpiPen® Training Device has a label that says to hold the EpiPen® in place for 10 seconds, how do I get a new one?

There is no need to get a new EpiPen® Training Device as the EpiPen® itself has not changed. The only change is that it is held in place for 3 seconds instead of 10 seconds and the area is not massaged.

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