

Epinephrine Options for Treating Severe Allergic Reactions:

A Guide for Patients and Caregivers

Choosing a form of epinephrine (“eh-puh-neh-fruhn”) for you or your child is an important decision. This guide should help you to talk with your prescribing clinician about the best options for you or your child.

All the forms of epinephrine discussed in this guide work very quickly and very well to treat severe allergic reactions (also called anaphylaxis). One form of epinephrine has not been shown to work better or worse than any other form. All of these can be relied upon in an emergency.

It may also help you to talk about these options with family and friends. Showing them this decision aid may help you reach a decision. Your family will be aware of your story and needs and may help you decide.

The best choice will be the one you or your child feels most at ease with, and feel would be used in an emergency. Things to think about with this choice are you or your child’s past experiences with epinephrine, what form you would be more likely to always carry, and which form you feel that someone other than you could use to treat you or your child. You can always change forms or even be prescribed two different forms.

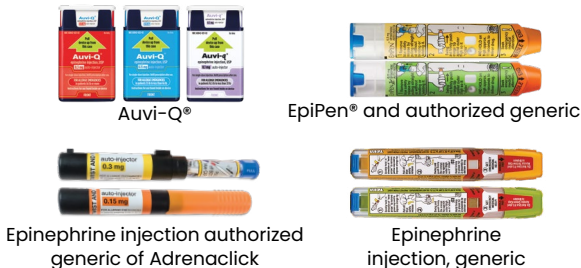
When you are ready to decide, make an appointment with your allergist. Please ask any questions and share any concerns you may have about these choices. Your allergist will go over how and when to use epinephrine.

Remember to always have epinephrine with you or your child at all times!

This decision aid is for you if:

- You are or your child is at risk of a severe allergic reaction
- You want to know about the options you or your child may have for epinephrine products
- You worry about your or your child’s risk of having an allergic reaction outside of the home
- You worry if someone else will be able to give you or your child epinephrine without training
- You worry about having to inject yourself or your child with epinephrine
- You worry that it is harder to carry larger forms of epinephrine than smaller ones

What Are the Options Available for Epinephrine?

Injectable Epinephrine (Shots)	Needle-free Epinephrine
• This quick-acting epinephrine is given by a needle • Comes in a device called an auto-injector which helps a person do an injection themselves • Sizes range from a deck of cards to a thick marker • These come as 2 single-use doses in a box  Auvi-Q® EpiPen® and authorized generic Epinephrine injection authorized generic of Adrenaclick Epinephrine injection, generic	• There is one option for quick-acting epinephrine without needles: • A nasal spray • Size of an ear bud case • These come as 2 single-use doses in a box  neffy®

Information About Each Epinephrine Form to Help You Compare the Available Choices

	Injectable (shot) Auvi-Q®, EpiPen®, Generic	Nasal (nose) spray neffy®
How this is given	Auto-injector inserts needle into the thigh	Spray up the nose
Time for therapy to work	Within minutes	Within minutes
Dose available	• 0.1mg (AUVI-Q, 16.5 to 33 lbs) • 0.15mg (33 to 66 lbs) • 0.3mg (More than 66 lbs) • Comes as 2-pack	• 1mg (33 lbs) • 2mg (More than 66lbs) • Comes as 2-pack
Second dose	• As soon as 5 minutes later if symptoms have not improved • Use opposite thigh	• As soon as 5 minutes later if symptoms have not improved • Goes in same nostril
Eligible ages	Any age, including infants	Approved in ages 4 and older
Device size	Ranges from deck of cards to a toothbrush case	Size of ear bud case
Benefits	• Easy to use • Been around a long time, many people trained to use these • Is current standard of care • Some may fit in pocket • Some devices talk • Some devices have retracting needles for safer injections • Generic forms available	• No needle • Easy to use • Small, fits in palm of hand • Is the only nasal product • Can fit in pocket
Considerations	• Needle may be too short to inject muscle for some people • Needle length may be too long and inject bone for some people	• Nasal polyps or previous nasal surgery may affect absorption of medicine
Side effects from how it is given Other side effects may occur from the medicine itself no matter how it is given	• Pain from the needle • Risk of a cut from the needle • Skin where injected may turn white or cold • Accidental injection into hands • Infection at injection site (redness, swelling, warm to touch)	• Tingling, itching, burning, or pain in nose • Runny or congested nose • Sneezing • Nose bleed • Throat irritation (medicine may drip into throat) • Nausea, vomiting • Headache
Side effect duration	Short lived	Short lived
Not affected by	Thick clothing	Runny or stuffy nose
Shelf life	12-24 months	30 months
Temperature and light stability	Hot: Stable to 86°F (30°C) Cold: Medicine freezes but still works when thawed Light: degrades medicine with direct light to window	Hot: Stable to 122°F (50°C) Cold: Medicine freezes at 5°F (-15°C) but still works when thawed Light: no issue (no window)
Cost	• Insurance plans cover at least one brand • Some brands offer assistance to people with no insurance • There may be payment assistance with Medicare or Medicaid • Price may be capped in some states	• Not covered by all insurance plans • For limited time, there is a co-pay reduction on certain insurances • People with no insurance may qualify for assistance • There may be payment assistance with Medicare or Medicaid • Price may be capped in some states

Severe allergic reactions and risks



Allergic reactions can be unexpected and dangerous



Epinephrine is the **only** medicine that can rapidly stop a reaction from getting worse

Antihistamines are not the treatment for severe reactions

Waiting to use epinephrine can make it more likely:

- A reaction will be severe
- A person would need to go to the hospital
- A person would need intensive care

Epinephrine treatment and barriers



Epinephrine is safe at any age



Common barriers include:

- Not realizing the reaction is getting serious
- Not having epinephrine nearby
- Reluctance to use epinephrine
- Reluctance to use an injector (shot)
- Reluctance to go to the emergency department
- Not having health insurance or being able to afford prescriptions

Review your wants and needs

There are several factors to consider before choosing an epinephrine product. Place a checkmark in the second column on how much each reason matters **to you** on a scale from 0 to 5. **'0' means it is not important. '5' is very important.**

How important are these features of an epinephrine device for you and/or your child?

Having a product that is easy to use without training

Having a product size that is easy to carry and store

Having the smallest sized epinephrine product as possible

Avoiding having to inject epinephrine

Avoiding having to spray epinephrine in the nose

Having a product with a long shelf life

Having a product that can tolerate hotter or colder temperatures

Having lower out-of-pocket costs for a product

Not having pain from getting the medicine

Not having stomachaches from getting the medicine

Not having nose or throat pain from getting the medicine

Not having nausea or vomiting from getting the medicine

Not seeing a needle if using an injectable option

Having an audio feature to help guide use of device

Having a product that people recognize in case of emergency

Not important

Very important

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What additional concerns below affect your choice of epinephrine?

Check all that apply. Discuss these with your allergist.

☐ Can I trust the product will work every time it is used

☐ What are the possible side effects from the product

☐ How easy it is for an adult or my child to use the product

☐ How much will I have to pay out of pocket for a product

☐ Which product is a school most likely to use

☐ Can I or my child carry this product

☐ How many 2-packs can I get at once

☐ How easy it is for someone else to use the product

☐ Will I or my child need a second dose

☐ Can I trust that new epinephrine forms work as well

Quality of Life

Are you clear about which epinephrine product **best fits** your lifestyle? ☐ Yes ☐ No

Do you have enough information to determine which epinephrine product has the **highest chance** to make your quality of life better? ☐ Yes ☐ No

Do you know enough about the benefits and side effects of each epinephrine product? ☐ Yes ☐ No

Values

Are you clear about which benefits and side effects of these epinephrine product **matter most** to you or your child? ☐ Yes ☐ No

Support

Do you have enough support and advice from other people to make your decision? ☐ Yes ☐ No

Certainty

Do you feel sure about the best choice of epinephrine for you or your child? ☐ Yes ☐ No

Do you feel you, your child, or another family member could use at least one of these epinephrine options? ☐ Yes ☐ No

Goals

What are your goals in choosing a form of epinephrine?

What benefits do you think you or your child will gain from your choice?

What risks do you think you or your child are willing to take in choosing a form of epinephrine?

How do you hope your or your child's life will change based on this choice?

What are your or your child's questions and concerns before making this choice?

Which epinephrine option do you think is best for you or your child:

☐ **Injectable epinephrine**

☐ **Nasal spray epinephrine**

Do you need training on how to use the option you chose?

☐ Yes ☐ No

Do you know when to use epinephrine?

☐ Yes ☐ No

Do you have an anaphylaxis action plan?

☐ Yes ☐ No

