

STATEMENT: Update to Instructions for Use of Epinephrine Autoinjectors



CPR & Emergency Cardiovascular Care

UPDATED: April 26, 2017

The US Food and Drug Administration (FDA) has recently updated the patient instructions for epinephrine autoinjectors. **The FDA recommends holding the leg firmly in place just before and during the injection.**

For EpiPen and EpiPen Jr injector, hold the pen in place for 3 seconds. Some other injectors may be held in place for up to 10 seconds. Be familiar with the manufacturer's instructions for the type of injector you are using.

In young children, injections of epinephrine into the thigh can result in bent or embedded needles, especially if the child is moving or uncooperative during the injection. The rationale for the shortened injection duration is that it will decrease the likelihood of injury to a moving or uncooperative child.

The American Heart Association (AHA) agrees with this change and will update our instructions for epinephrine autoinjector use for all ages as shown below:

- Hold the leg firmly in place just before and during the injection.
- Press the tip of the injector hard against the side of the person's thigh, about halfway between the hip and the knee.
- For EpiPen and EpiPen Jr injector, hold the pen in place for 3 seconds. Some other injectors may be held in place for up to 10 seconds. Be familiar with the manufacturer's instructions for the type of injector you are using.

The AHA will include this change in future materials and communications.

We encourage healthcare providers to refer to their local medical control physicians for guidance and treatment protocols.

Questions may be addressed to eccscience@heart.org.