Helpful Tips for Using an Epi-Pen

When to use the epi-pen:
- Use the epi-pen at the first sign of an allergic reaction (anaphylaxis).
- The signs of an allergic reaction are:
  - swelling of tongue
  - swelling of lips
  - swelling of face
  - unable to speak or swallow due to swelling
  - shortness of breath
  - difficulties breathing

How to use the epi-pen:
1. Remove any caps. Caps might be on either end of the pen. Remove them.
2. Jab the red or black tip firmly into the upper, outer thigh.
3. Hold it there for ten seconds.
4. Remove from leg.
5. Now call 911.

Other things you should know...
- Always carry two doses of epi with you.
- Use your second dose if your symptoms return after the first shot. Use the second dose as instructed.
- Check the expiration date on the pen. Replace the pen as needed.
- Do not expose the pen to extreme heat or cold.
Food Challenge Explanation

Food challenge:
• A food challenge cannot be scheduled as a normal appointment. We have certain days set aside for this.
• Please schedule your food challenge appointment before you leave today.
• Call 216-778-2213 if you:
  ◦ need to reschedule
  ◦ have any questions

You need to know:
• You will be told to provide the food for your challenge.
• You will be told the amount of food to bring.
• You must bring the food label from the package.
  ◦ We need this to verify all ingredients the food.
• If you need to cook the food (like fish or meat):
  ◦ cook it before you come
  ◦ do not add any spices or seasonings
• You will need to stop taking any antihistamines and/or Benadryl® for one week before the challenge.
  ◦ This ensures proper results.