

Reduced injection time for EpiPen® approved

15 June 2017

A reduction in the injection time for EpiPen®s from 10 to 3 seconds has been approved for New Zealand and Australia.

EpiPen®s with the 10 second label can continue to be used and should not be replaced unless they have been used, are just about to expire or have expired.

All EpiPen®s should now be held in place for 3-seconds, regardless of the instruction on the label. However if they are held in place longer e.g. 10 seconds, it will not affect the way the adrenaline works.

EpiPen® and EpiPen®Jr adrenaline (epinephrine) auto-injectors with the 3-second label will start to enter pharmacies in New Zealand over the next two to three months.

It is noted the devices have not been changed, just the instructions on the label, which will include:

- **Reduced injection time from 10 to 3 seconds** – this is based on research confirming efficacy and delivery of adrenaline through the 3-second delivery
- **Removal of massage step after the injection** – this has been found to reduce the risk of tissue irritation.

Allergy New Zealand and the Paediatric Society New Zealand's Allergy Clinical Network welcome the reduction in injection time from 10 seconds to 3 seconds. It is felt this will make it easier to administer safely. It is still recommended to hold the leg firmly if administering to a young child, to prevent lacerations.

Updated ASCIA Action Plans for Anaphylaxis, ASCIA anaphylaxis e-training courses, the 3 second EpiPen® training video and other resources are available on www.allergy.org.au/anaphylaxis

Mylan NZ will be sending updated information out to patients/consumers registered with www.epiclub.co.nz and health professionals through www.count2.co.nz over the next few weeks.