

# Bulletin

<b>To:</b>	Lifesaving Services, Australian Lifeguard Service, Australian Lifesaving Academy
<b>From:</b>	Coastal Safety, Learning and Development
<b>Summary:</b>	Inform lifesaving services of changes to the application of EpiPen® and EpiPen®Jr adrenaline (epinephrine) autoinjectors
<b>Subject:</b>	First Aid and Anaphylaxis

As of 13 June 2017, a change to the labels of EpiPen® and EpiPen®Jr adrenaline (epinephrine) autoinjectors came into effect.

**Note: There is no change to the device, just the instructions on the label.**

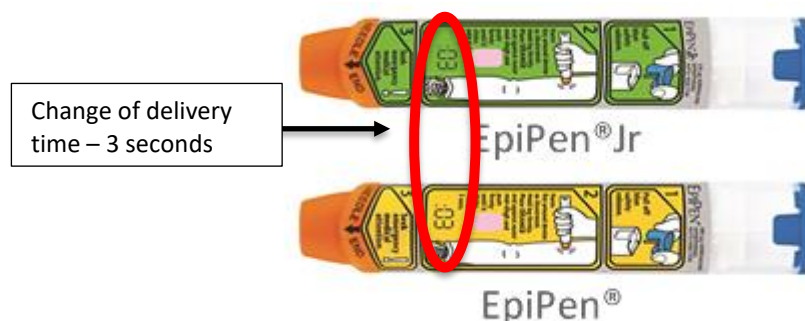
Changes include:

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

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

EpiPen®s with a 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.

Amendments to relevant SLSA training and assessment resources will be completed by 30 July 2017 to reflect these changes. State centres should consider any updates required to training and assessment resources.



ASCIA (Australasian Society of Clinical Immunology and Allergy Limited) has updated the Action Plans for Anaphylaxis. For ASCIA anaphylaxis e-training courses, the 3 second EpiPen® training video and other resources, go to [www.allergy.org.au/anaphylaxis](http://www.allergy.org.au/anaphylaxis).

## International Name - Epinephrine

Medicines containing adrenaline have started to include the international name *epinephrine* on labels and information leaflets to reduce confusion for health professionals and consumers.

Adrenaline will remain as the approved name in Australia.