

STATEMENT: Update to Instructions for Use of Epinephrine Autoinjectors



CPR & Emergency Cardiovascular Care

February 7, 2017

The US Food and Drug Administration (FDA) has recently updated the patient instructions for epinephrine autoinjectors. **The FDA recommends that the leg be held firmly in place during the injection, and that the epinephrine pen be held in place for about 3 seconds (instead of 10 seconds).**

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.
- Press the tip of the injector hard against the side of the person's thigh, about halfway between the hip and the knee.
- Hold the pen in place for about 3 seconds.

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.