

On Your Own
For Parents
Caring Community
Step-By-Step
Toolbox
Demonstrator

Step-By-Step

The Twinject auto-injector also carries a back-up dose that is easy to use.

Really it's as easy as 1-2-Inject. Nonetheless you want to make sure you are completely comfortable with it.

That's why we've provided this video demonstration and an easy to read, step-by-step description with helpful photographs.

Click here to view the step-by-step video.

Click here to view the Allergist's recommendations.

*Flash Player 7 or greater is required to view the videos. You can **download** it for free from the Macromedia Website if it is not already installed on your computer.*

STEP 1 - MAKE SURE THAT THE MEDICINE IS READY

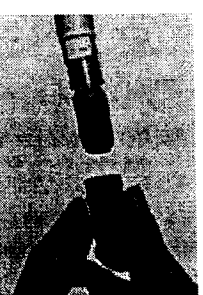
Look at Twinject™ 0.3 mg or Twinject™ 0.15 mg regularly. It may not work if medicine looks cloudy (has particles), pinkish, or more than slightly yellow, or if the expiration date has passed.

In the event of a life-threatening allergic reaction, you should use an out of date product, if that is all you have.

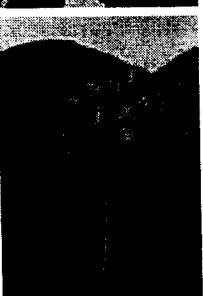
Do NOT remove the GREEN or the RED cap until you are ready to use.

STEP 2 - FIRST DOSE

1. PULL off GREEN end cap to see a GREY cap. **Never put thumb, finger, or hand over the GREY cap.**
2. PULL off RED end cap.
3. Place GREY cap against mid-thigh (can go through clothes).
4. Press down firmly until auto-injector activates—hold while slowly counting to ten.
5. Remove auto-injector and check the GREY cap; if needle is exposed, you received the dose. If not, repeat #3 and #4 under step 2. Prepare for second dose.



Pull off green end cap



Press down firmly until auto-injector activates

Get emergency medical help right away.

STEP 3 - PREPARE FOR A SECOND DOSE

1. Unscrew and remove GREY cap. **Beware of exposed needle.**
2. Holding **BLUE** hub at needle base, remove syringe from barrel.
3. Slide **YELLOW** (Twinject 0.3 mg) or **ORANGE** (Twinject 0.15 mg) collar off plunger.
4. **PAUSE HERE.** If symptoms have not improved in approximately 10 minutes since first injection, proceed with Step 4.



Holding blue hub...



Slide yellow collar

STEP 4 - INJECT SECOND DOSE

1. Insert needle into mid-thigh.
2. Push plunger down completely.

Get emergency medical help right away.



Insert needle into mid-thigh

SYRINGE DISPOSAL: Re-insert syringe, needle first, into blue case. Return it to your physician or pharmacist for proper disposal. **Do not throw away in trash.**

Legal Disclaimer

FAQs

When should I inject the first dose?

Talk with your doctor about when you should inject with epinephrine and always follow your doctor's instructions. Most people will be told to inject Twinject just as soon as they or their loved one feel the first symptoms of an allergic reaction. Some with a previous severe allergic reaction may be told to inject **before** any symptoms of anaphylaxis appear when there is possible exposure to the triggering allergen.

When should I inject the back-up dose?

Prepare the back-up dose immediately and call 911 ~~or contact~~ a medical facility. Inject the back-up dose if the symptoms have not subsided within 10 minutes of the first dose or have recurred.

How can I tell that I've injected the epinephrine properly?

Lift the auto-injector from the injection site and check the grey cap. If the needle is exposed, the epinephrine has been injected. You should also feel the injection.

What should I do if the product is expired?

You should always check the expiry date on the product and make sure you carry current doses. However, in an emergency, even if the product is expired, use the epinephrine you have with you.

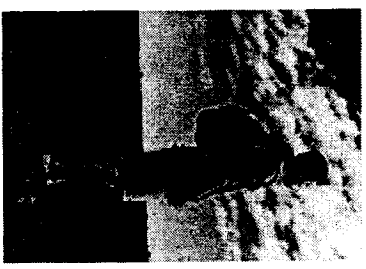
You should check the medicine regularly. If the liquid is pinkish, cloudy or yellowish, you should contact your pharmacist for a replacement.

The package says to store the epinephrine at between 20°-25°C/68°-77°F. What if I'm in activities at temperatures outside those margins?

During excursions, epinephrine may be kept at a temperature of 15°-30°C/59°-86°F. Do not allow it to freeze and do not refrigerate it.

What should I do with expired Twinject?

Never throw Twinject in the trash. Bring expired and used Twinject to your pharmacist or physician.



What are common side effects?

The most common side effect is the sensation of a more forceful heartbeat. There might also be anxiety and restlessness. See the Package Insert that came with your Twinject. People who have heart disease, diabetes, hypertension and hyperthyroidism, patients who are on medications that may sensitize the heart to arrhythmias, the elderly, and pregnant women should consult with their doctor before using Twinject.

If I'm traveling abroad, will I be able to carry Twinject with me?

Traveling with medication and syringes has become more complicated in the last few years due to heightened security. You are allowed to travel by land or air with medication if it is in its original packaging. If you are traveling by air, tell the security personnel that you are carrying Twinject in your carry-on luggage. These guidelines are subject to change. Call either your airline or Canada Border Services (1 800 461-9999) for an update before you travel.

Legal Disclaimer

Why 2 Doses?

Why 2 Doses?
Ease of Use
Additional Info

The reality of a severe allergic reaction is that you must start treatment immediately.

For over one in three people with severe allergies a single dose of epinephrine may not be enough to rapidly bring the reaction under control. It is important that the symptoms subside significantly within the first ten minutes of the injection. If they don't you have to be prepared with a back-up dose. That's why Twinject comes with two doses.

Using Your Twinject

Only the Twinject auto-injector comes with a back-up dose. After the first dose is administered monitor the symptoms carefully and prepare the back-up dose. Call for emergency medical treatment. If the symptoms do not subside or if they recur, administer the back-up dose.

After the first injection, prepare the second dose and get emergency medical help right away.

If symptoms have not improved approximately 10 minutes after the first injection, inject the second dose.

World Health Organization (WHO) and Anaphylaxis Canada recommend that you always have a second dose available, or one dose for every 10 to 20 minutes of travel time to a medical emergency facility.

Biphasic anaphylactic reactions

Some people have what is called a biphasic reaction that means that symptoms, once over, will actually return. This type of reaction occurs in 20% of cases. Unfortunately there are no markers or signs that allow your doctor to predict if you are susceptible to a biphasic reaction. That means carrying a back-up dose is vitally important. Usually the symptoms subside and then reoccur one to 8 hours following the initial reaction but can reoccur up to 38 hours later.



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