

How to Give Yourself an Emergency Injection

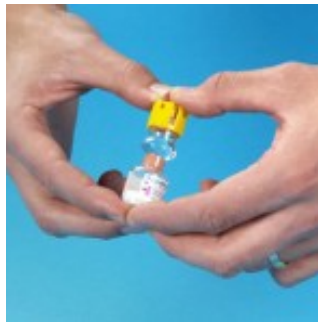
LEARN HOW TO INJECT – BEFORE YOU NEED AN INJECTION!

- Be prepared and [watch a video demonstration](#) to learn how to inject - before you need to!
- Review handling the injection kit at least once every three months.
- Practice giving an injection on an apple or potato with out-dated medication.
- Use your emergency injection kit at the first sign of an adrenal crisis to avoid spiraling into a critical state. If unsure whether or not to inject, it is better to err on the side of caution rather than risk adrenal crisis. One injection won't harm you and may well save your life.
- In an emergency situation, if you are already shaky and may not have stable hands or have no one to help you, it is more important to inject rather quickly than to follow the correct injection protocol. Follow the simplified steps on this page.
- If you have a person to help you, have her/him follow the instructions on the reverse side.

Simplified emergency injection

Press down yellow cap and mix:

1. Remove vial
2. Press down yellow cap
3. Mix the powder and solvent by turning in a semi-circular motion until it is clear (DO NOT SHAKE).



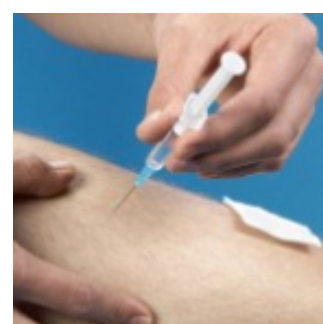
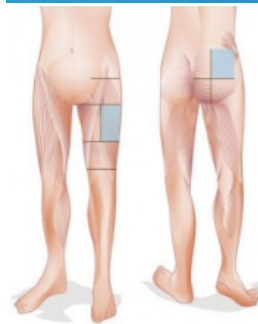
Draw up the liquid:

1. Tear the packaging halfway off the syringe.
2. Put the needle on the syringe and push it on, turning it slightly.
3. Remove the disc on the yellow cap of the vial.
4. Remove the cap from the needle, push into the vial, draw up all the liquid.



Select the injection site (BUTTOCK or UPPER LEG) and inject yourself:

1. Make sure the muscle is relaxed.
2. Push 2/3 of needle into the skin at a right angle.
3. Depress plunger slowly, inject all of the liquid.
4. Remove needle in smooth, quick movement.



Call an Emergency Number!
US: 911 UK: AU: 000

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