

## Utah Guidance for Epinephrine

Pursuant to the authority in UCA § 58-17b-627, this pharmacy practice guidance authorizes a Utah-licensed pharmacist (“Pharmacist”) to prescribe and dispense epinephrine according to and in compliance with applicable state and federal laws and rules.

A pharmacist may prescribe an epinephrine auto-injector to a person 18 years or older at risk of experiencing anaphylaxis or to a person in a position to assist a person at risk of experiencing anaphylaxis. A licensed pharmacist shall, prior to dispensing epinephrine, provide training and education to the recipient including, but not limited to, the information identified in this guidance. A pharmacist may provide to the patient written materials that include, but not limited to, the information identified in this guidance, but the written materials shall not be in lieu of direct pharmacist consultation with the patient. The pharmacist shall provide the following:

1. The signs and symptoms of an anaphylaxis reaction as described in this guidance.
2. The importance of calling 911 as soon as possible and the potential need for rescue breathing.
3. The appropriate use and directions for administration of the epinephrine to be dispensed pursuant to this guidance.
4. Adverse reactions of epinephrine.
  - a. The more common side effects include tachycardia, hypertension, headache, anxiety, apprehension, palpitations, diaphoresis, nausea, vomiting, weakness, and tremors.<sup>i</sup>
5. The proper storage conditions, including temperature excursions, of the epinephrine product being dispensed.
6. The expiration date of the epinephrine product being dispensed and the appropriate disposal of the epinephrine product upon expiration.

### **Symptoms**

Healthcare personnel should consider anaphylaxis when patients present with generalized signs or symptoms such as hives, serious or life-threatening symptoms (e.g., hypotension, respiratory distress, or significant swelling of the tongue or lips), or symptoms that involve more than one body system.

Body System	Symptoms
Respiratory	<ul style="list-style-type: none"><li>• Sensation of throat closing</li><li>• Stridor (high-pitched sound while breathing)</li><li>• Shortness of breath</li><li>• Wheeze, cough</li></ul>
Gastrointestinal	<ul style="list-style-type: none"><li>• Nausea</li><li>• Vomiting</li><li>• Diarrhea</li><li>• Abdominal pain</li></ul>
Cardiovascular	<ul style="list-style-type: none"><li>• Dizziness</li><li>• Fainting</li><li>• Tachycardia (abnormally fast heart rate)</li><li>• Hypotension (abnormally low blood pressure)</li></ul>
Skin/mucosal	<ul style="list-style-type: none"><li>• Generalized hives</li></ul>

	<ul style="list-style-type: none"> <li>• Itching</li> <li>• Swelling of lips, face , or throat</li> </ul>
Neurological	<ul style="list-style-type: none"> <li>• Agitation</li> <li>• Convulsions</li> <li>• Acute change in mental status</li> <li>• Sense of impending doom (a feeling that something bad is about to happen)</li> </ul>

Source: CDC *Recognizing and Responding to Anaphylaxis* (3/1/2021)

### Dosing

“Epinephrine Auto-Injector” is defined as a single-use device that delivers a premeasured dose of epinephrine.

Only FDA-approved epinephrine auto-injector products may be issued pursuant to this guidance document.

	<b>Auto-injector</b>	<b>Sig</b>
<b>Adult</b> <ul style="list-style-type: none"> <li>• 66 pounds or more (30 kilograms or more)</li> </ul>	Dispense Two single-use auto injectors of epinephrine 1:1,000; 0.3 to 0.5mg/ml depending on manufacturer availability.	Place one auto-injector against the middle of the outer thigh (through clothing, if needed), then push firmly until you hear a click sound, and hold in place for 3 seconds to allow drug administration. If there is no improvement after 5 minutes, repeat the injection.
<b>Pediatric</b> <ul style="list-style-type: none"> <li>• Do not dispense pediatric epinephrine for patients below 33 pounds/15 kg or as specified by autoinjector manufacturer.</li> <li>• 33 to 66 pounds/15 to 30 kilograms for prefilled syringes or as specified by auto-injector manufacturer.</li> </ul>	Dispense Two single-use auto-injectors of epinephrine 1:1,000; 0.15 mg/ml.	Place one auto-injector against the middle of the outer thigh (through clothing, if needed), then push firmly until you hear a click sound, and hold in place for 3 seconds to allow drug administration. If there is no improvement after 5 minutes, repeat the injection.

### Documentation

1. The pharmacist must document prescribing of medication, and if available, notify the patient’s primary care provider within 5 business days of issuance.
2. Refills are not permitted for prescriptions issued under this guidance document.

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<sup>i</sup> Dalal R, Grujic D. Epinephrine. [Updated 2023 May 1]. In: StatPearls [Internet]. Treasure Island (FL): StatPearls Publishing; 2023 Jan-. Available from: <https://www.ncbi.nlm.nih.gov/books/NBK482160/>