

PATIENT BROCHURE



(epinephrine nasal spray)
2 mg / 0.1 mL

neffy[®] is a nasal epinephrine spray for the use in adults and children with a body weight of 30 kg or more for the emergency treatment of allergic reactions, including anaphylaxis to insect stings or bites, foods, medicines and other allergens, as well as anaphylaxis where the cause is not known or anaphylaxis caused by exercise.

See patient medication leaflet for complete instructions.

How to identify anaphylaxis

Use *neffy*[®] immediately at first signs of anaphylaxis after exposure to an allergen—symptoms may include:

- Raised rash (like a nettle rash) or itching of skin
- Shortness of breath, wheezing
- Fast heartbeat
- Loss of bladder control
- Nausea, vomiting, diarrhea or stomach cramps
- Swelling of the lips, throat, tongue, hands or feet
- Hoarseness
- Flushing
- Apprehension or fainting



neffy[®] is intended for immediate self (or caregiver) administration in an allergic emergency.

Ensure you, your child, your family, caregivers, co-workers and teachers know how and when to use *neffy*[®].

For adverse events and reporting please see the back of the brochure.



Storage and handling

Each single-use *neffy*[®] device contains one dose of epinephrine and comes in a blister pack with instructions for use.

Always carry 2 *neffy*[®] with you in case a 2nd dose is needed.



Store *neffy*[®] at 15°C to 30°C. Do not freeze.

If accidentally frozen, the nasal spray will not function. Allow the nasal spray to thaw for at least one hour; do not use if the contents are still frozen or not completely thawed.



Be sure to check the expiration date periodically and replace your *neffy*[®] before the expiration date.



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Instructions for use for patients and caregivers

This training guide is designed to advise you on what you should do in the event of anaphylaxis. Both patients and caregivers should familiarize themselves with this guide to ensure they can recognize the symptoms of anaphylaxis and know how to administer *neffy*[®] 2 mg nasal spray.

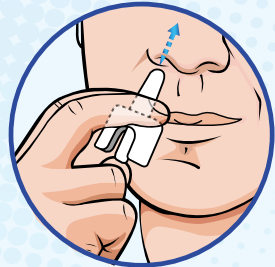
When ready to use, remove the *neffy*[®] nasal spray from the box. Pull open the blister pack to remove the nasal spray.



1. Hold

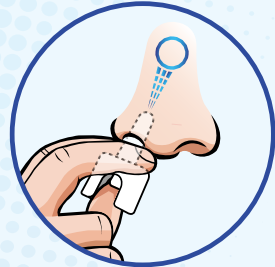
Hold the nasal spray as shown. Hold the nasal spray with your thumb on the bottom of the plunger and one finger on either side of the nozzle.

DO NOT pull or push on the plunger.
DO NOT test or pre-spray; each nasal spray has only one dose.



2. Place

Insert tip of nasal spray into a nostril. Keep the nozzle straight into the nose pointed toward your forehead.



3. Press

Press plunger up firmly until it snaps up and sprays into the nostril.

DO NOT angle the nasal spray to the inner or outer walls of the nose. Avoid sniffing during and after administration.

If any liquid drips out of the nose, monitor for symptoms. You may need to give a second dose of *neffy*[®].

After using *neffy*[®]

Get emergency medical help for further treatment of the allergic emergency (anaphylaxis) after using *neffy*[®]. Before you receive *neffy*[®], your healthcare provider should talk to you about when to get emergency help.

When using *neffy*[®]

If you're a parent or caregiver using *neffy*[®], ensure the device is held correctly for proper administration. If necessary, patients should lie down with feet raised. If this makes you breathless, you should sit up. Unconscious patients should be placed on their side in the recovery position to prevent choking. If symptoms do not resolve, you should, if possible, remain with another person until medical assistance arrives.

Monitor patient symptoms

If symptoms continue to worsen or reoccur after approximately 5 minutes, or if there was any error in administration, use a new *neffy*[®] nasal spray to give a second dose in the same nostril as the first dose and seek urgent emergency medical assistance.

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What is *neffy*[®]?

Educational materials for *neffy*[®], including a copy of the Patient Medication Information and instructions for use are available online at www.neffy.ca



Side effects may include throat irritation, tingling nose, headache, nasal discomfort, feeling overly excited, nervous, or anxious, tingling sensation, fatigue, shakiness, runny nose, itchy nose, sneezing, stomach pain, pain in the gums or teeth, numbness in the mouth, nasal congestion, dizziness, nausea and vomiting.

These are not all the possible side effects that you may have when taking *neffy*[®]. If you experience any side effects not listed here, tell your healthcare professional.

Reporting of side effects

You can report any suspected side effects or any quality issues associated with the product, please call 1-800-663-0972. You can also report adverse events relating to any product directly to Health Canada by visiting the Canada Vigilance Program website or calling 1-866-234-2345.

Use *neffy*[®] as soon as you notice symptoms of anaphylaxis.

