

ACTION PLAN

NAME: DATE OF BIRTH: WEIGHT:

ALLERGIC TO: HAS ASTHMA? YES NO

IF PATIENT HAS ASTHMA,* there is a higher risk for allergic reaction.
*neffy is not used to treat asthma.

WHAT IS *neffy*?

neffy is a nasal spray used for emergency treatment of allergic reactions including anaphylaxis, in adults and children aged 4 years and older who weigh 33 lbs or greater.

HOW TO IDENTIFY AN ALLERGIC REACTION

If you notice **any or a combination of the following symptoms** after exposure to an allergen, use *neffy* immediately.

Hives, redness, or itching of skin	Trouble breathing, shortness of breath, wheezing, or coughing	Weak pulse	Fainting or dizziness	Nausea, vomiting, or diarrhea
Swelling of the lips or tongue, or itchy mouth	Tight throat, hoarseness, or trouble swallowing	Pale or bluish skin color	Feelings of "doom," confusion, altered consciousness, or agitation	Itchy nose or sneezing

Don't hesitate, as the severity of the reaction can quickly change.
Find instructions on how to use *neffy* on the next page.

CONSENT TO USE *neffy*

PARENT OR GUARDIAN SIGNATURE: DATE:

DOCTOR SIGNATURE: DATE:

PLEASE TREAT WITH *neffy*!

Find additional contact information and notes on the next page

IMPORTANT SAFETY INFORMATION

What is the most important information that I should know about *neffy*?

neffy contains epinephrine, a medicine used to treat allergic emergencies (anaphylaxis). Anaphylaxis can be life-threatening, can happen in minutes, and can be caused by stinging and biting insects, allergy injections, foods, medicines, exercise, or other unknown causes.

Always carry two *neffy* nasal sprays with you because you may not know when anaphylaxis may happen and because you may need a second dose of *neffy* if symptoms continue or come back. Each *neffy* contains a single dose of epinephrine. *neffy* is for use in the nose only.

Use *neffy* right away, as soon as you notice symptoms of an allergic reaction. If symptoms continue or get worse after the first dose of *neffy*, a second dose is needed. If needed, administer a second dose using a new *neffy* in the same nostril *starting 5 minutes after the first dose*. Get emergency medical help for further treatment of the allergic emergency (anaphylaxis), if needed after using *neffy*.

Tell your healthcare provider if you have underlying structural or anatomical nasal conditions, about all the medicines you take, and about all your medical conditions, especially if you have heart problems, kidney problems, low potassium in your blood, Parkinson's disease, thyroid problems, high blood pressure, diabetes, are pregnant or plan to become pregnant, or plan to breastfeed.

Please see additional Important Safety Information on next page. Please see full [Prescribing Information](#).

HOW TO USE *neffy*

Use *neffy* as soon as you notice symptoms of an allergic reaction.



1. REMOVE

Remove *neffy* from packaging. Pull open the packaging to remove the *neffy* nasal spray device.



2. HOLD

Hold device as shown. Hold the device with your thumb on the bottom of the plunger and a finger either side of the nozzle.

- **DO NOT pull or push on the plunger.**
- **DO NOT test or prime (pre-spray).** Each device has only 1 spray.



3. INSERT

Insert the nozzle into a nostril until your fingers touch your nose. Keep the nozzle straight into the nose pointed toward your forehead.

- **DO NOT point (angle) the nozzle to the nasal septum (wall between your 2 nostrils) or outer wall of the nose.**



4. PRESS

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

- **DO NOT sniff during or after the dose is given. If any liquid drips out of the nose, you may need to give a second dose of *neffy* after checking for symptoms.**

To learn more, read the full [Instructions for Use](#).

WHEN USING *neffy*



- Each *neffy* nasal spray device has only 1 dose of medicine and is for single-use only.
- Always carry 2 *neffy* nasal spray devices with you.
- **Use only in the nose.** Avoid spraying in the eyes or mouth.
- **Do not angle nozzle.**
- **Do not sniff** during or after use.
- Patient can be in any position (e.g. sitting, standing, laying, reclining).

AFTER USING *neffy*



Get emergency medical help for further treatment of the allergic emergency (anaphylaxis), if needed, after using *neffy*. Tell them that a *neffy* nasal spray has been used.



Check for symptoms after the first dose of *neffy*. If symptoms get worse or come back, give a second dose of *neffy* in the **SAME nostril** starting 5 minutes after the first dose.



Scan to watch videos on how to use *neffy*.

Check your *neffy* periodically to be sure the expiration date has not passed. Replace your *neffy* before the expiration date has passed.

EMERGENCY CONTACTS

PARENT OR GUARDIAN:

PHONE NUMBER:

NOTES OR ADDITIONAL CONTACTS:

DOCTOR:

PHONE NUMBER:

IMPORTANT SAFETY INFORMATION (cont.)

Tell your healthcare provider if you take or use other nasal sprays or water pills (diuretics) or if you take medicines to treat depression, abnormal heart beats, Parkinson's disease, heart disease, thyroid disease, medicines used in labor, and medicines to treat allergies. *neffy* and other medications may affect each other, causing side effects. *neffy* may affect the way other medicines work, and other medicines may affect how *neffy* works.

What are the side effects of *neffy*?

***neffy* may cause serious side effects. If you have certain medical conditions or take certain medicines, your condition may get worse, or you may have more or longer lasting side effects when you use *neffy*.**

Common side effects of *neffy* include: nasal discomfort, headache, throat irritation, chest and nasal congestion, feeling overly excited, nervous or anxious, nose bleed, nose pain, sneezing, runny nose, dry nose or throat, tingling sensation, including in the nose, feeling tired, dizziness, nausea, and vomiting.

Tell your healthcare provider if you have any side effects that bother you or that do not go away after using *neffy*.

These are not all of the possible side effects of *neffy*. Call your healthcare provider for medical advice about side effects. To report side effects, contact ARS Pharmaceuticals Operations, Inc. at **1-877-MY-NEFFY (877-696-3339)** or the FDA at **1-800-FDA-1088** or www.fda.gov/medwatch.

Please see the full [Prescribing Information](#) and [Patient Information](#) for *neffy*.