

ACTION PLAN

NAME:

DATE OF BIRTH:

WEIGHT:

ALLERGIC TO:

HAS ASTHMA?

YES

NO

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

WHAT IS *neffy*?

neffy 2 mg is a nasal spray used to treat life-threatening, allergic emergencies including anaphylaxis, in adults and children who weigh 66 lbs or more (30 kg or more), who are at risk for or have a history of serious allergic emergencies.

HOW TO IDENTIFY A SERIOUS 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:

**PLEASE TREAT
WITH *neffy*!**

DOCTOR SIGNATURE:

DATE:

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*?

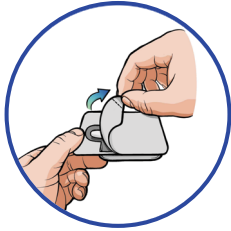
neffy contains epinephrine, a medicine used to treat allergic emergencies (anaphylaxis). Anaphylaxis can be life-threatening, can happen in minutes, and can be caused by stinging and biting insects, allergy injections, foods, medicines, exercise, or other unknown causes.

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. *neffy* is for use in the nose only.

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 a serious allergic reaction.



1. REMOVE

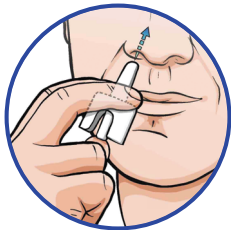
Remove *neffy* from packaging. Pull open the packaging to remove the *neffy* nasal spray device.



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.

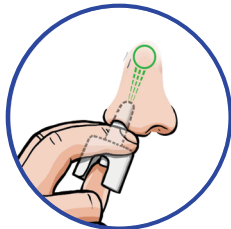
- **DO NOT pull or push on the plunger.**
- **DO NOT test or prime (pre-spray).** Each device has only 1 spray.



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.



- It is recommended that right-handed dosing should be to the right nostril and left-handed dosing should be to the left nostril.

- 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.)

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*.

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

IMPORTANT SAFETY INFORMATION (cont.)

Tell your healthcare provider if you have underlying structural or anatomical nasal conditions, 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.

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.

Side effects of **neffy** may include throat irritation, tingling nose, headache, nasal discomfort, feeling over excitement, nervousness or anxiety, tingling sensation, fatigue, shakiness, runny nose, itchy nose, sneezing, stomach pain, pain in gums of teeth, numbness in the mouth, nasal congestion, 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 \(877-696-3339\)](tel:1-877-MY-NEFFY) or the FDA at [1-800-FDA-1088](tel:1-800-FDA-1088) or www.fda.gov/medwatch.

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