

Naloxone

Can reverse an overdose caused by an opioid (pain medicine or heroin)

Naloxone

Naloxone (Narcan[®] or Evzio[®]) is a prescription medicine given when someone has signs of opioid overdose. It prevents an overdose by quickly restoring normal breathing.

Naloxone is given as a spray in the nose or injected into a muscle or under the skin. It works for 30 to 90 minutes. You can buy it in many pharmacies.

You cannot become addicted to naloxone. It can cause opioid withdrawal symptoms such as headache, rapid heart rate, sweating, throwing up and tremors.

Your health care provider or pharmacist can show you and your care circle how to give it.

What to Do for an Overdose

If you think someone has overdosed on an opioid:

1. **Try to wake the person (shake or shout).** Check for breathing and how the skin looks and feels.
2. **Call 911.** Follow the dispatcher's directions for rescue breathing, chest compressions or both.
3. **Give the naloxone.** If the person does not respond in 3 minutes, give another dose.
4. **Stay with the person** until emergency help arrives and for at least 2 hours after to check their breathing.

Opioids

Opioids are prescription pain medicines. There are many types: morphine, codeine, oxycodone (OxyContin[®] and Percocet[®]), hydromorphone (Dilaudid[®]), fentanyl (Duragesic[®] and Actiq[®]) and hydrocodone (Norco[®] and Vicodin[®]). Heroin (a street drug) is also an opioid.

Opioids can be addictive. Possible risks include addiction, depression, tolerance, overdose and death.

Risks for Overdose

You are at risk for an overdose if you:

- mix opioids with alcohol or sedative (benzodiazepine) medicines (Xanax[®], Klonopin[®], Ativan[®] and Valium[®]). All of these substances can affect your ability to breathe. **Do not mix opioids with other drugs.**
- have a tolerance to opioids. This means you need more to feel the effects. If you stop taking an opioid and then restart, you have a higher risk for an overdose. **Talk with your health care provider if you are starting to take an opioid again.**
- have asthma, sleep apnea, breathing problems, liver or kidney problems, or HIV. **Talk with your health care provider if you have questions about your health and any opioid you are taking.**
- have already had an overdose. You have a higher risk of dying from a new overdose. **Teach family and friends symptoms of overdose.**

(over)

Symptoms of Opioid Overdose

Opioid overdose is an emergency. Call 911 right away if someone has any of these symptoms:

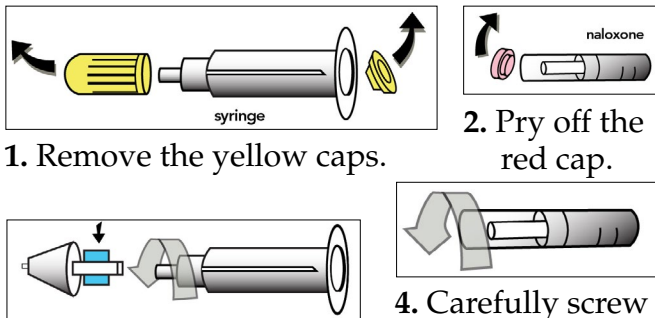
- breathing or heartbeat slows or stops
- face is very pale, feels clammy to the touch
- body is limp
- pupils are small
- fingernails or lips have a purple or blue color

- vomiting (throwing up) or making choking or gurgling noises
- cannot be awakened
- unable to speak.

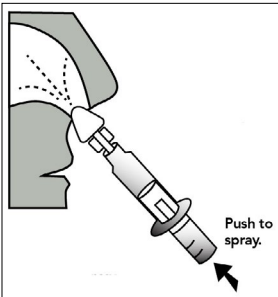
For More Information

- prescribetoprevent.org: for videos and more education
- **SAMHSA National Helpline, 1-800-662-4357 (HELP)**: for mental health/substance abuse treatment referrals

□ Nasal Spray (Assembly Needed)



1. Remove the yellow caps.
2. Pry off the red cap.
3. Hold the clear wings.
4. Carefully screw in a naloxone capsule.



5. Insert the white cone into 1 nostril. Give a short, firm push on the end of the syringe. Give one-half of the capsule in each nostril.
6. Give a second dose if there is no response in 3 minutes.

□ Nasal Spray (No Assembly)

1. Remove from the package.
2. Put 2 fingers on either side of the nozzle. Put your thumb on the plunger.
3. Put the nozzle in 1 nostril until your fingers touch the person's nose. Press the plunger firmly.
4. Give a second dose if there is no response in 3 minutes.

□ Auto-injector

1. Pull it out of the case. Pull the red tab.
2. Place the injector on the person's outer thigh. Press and hold for 5 seconds.
3. Give a second dose if there is no response in 3 minutes.

Source: harmreduction.org

□ Injectable (Into a Muscle)

1. Remove the cap from the vial. Uncover the needle.
2. Turn the vial upside down. Insert the needle through the rubber plug. (See the drawing.)
3. Pull the plunger back to take up 1 mL.
4. Insert the needle into the muscle of the upper arm or thigh. (See the drawing.) Push the plunger. (You can do this through clothing.)
5. Give a second dose if there is no response in 3 minutes.

