

Naloxone Guide for Patients and Caregivers

The information provided below outlines how to recognize an opioid overdose and what do to if it ever occurs. It is important for you to share this with your family and friends. Create a plan of action so everyone knows the steps to follow in case of an emergency overdose situation. Notify family and friends where you plan to store naloxone so they can easily access the kit in case of an emergency.

What are opioids?

Opioids are generally prescribed to treat pain. When opioids are taken in high doses or abused, they can cause feelings of euphoria, relaxation, drowsiness, and warmth. If the individual takes too many opioids or combines them with other drugs or alcohol, this may cause problems such as difficulty breathing, loss of consciousness, cardiac arrest and even death.

What is naloxone?

Naloxone is an antidote for opioid overdose and reverses the effects of opioids. Naloxone only works if there are opioids present in the body and has no effect on other drugs or alcohol.

It usually takes 3-5 minutes for the medicine to work and lasts 30-90 minutes.

It is available for use during opioid emergency situations.

Common opioids include:

Buprenorphine	Suboxone, Subutex
Codeine	Tylenol #3
Fentanyl patch	Actiq, Duragesic
Hydrocodone	Vicodin, Norco
Hydromorphone	Dilaudid
Meperidine	Demerol
Methadone	Methadose
Morphine	MS Contin
Oxycodone	Oxycontin, Percocet
Oxymorphone	Opana

*Heroin is also an opioid.

Risk Factors for Overdose Anyone who uses prescription opioids or heroin are at risk for overdose. Other factors that may increase a person's risk include: switching between opioids, having a history of substance abuse or mental illness, mixing opioids with certain medications, taking opioids or heroin alone, recent emergency medical care after opioid intoxication, or having decreased tolerance but a high risk of relapse (i.e. recently completing a mandatory opioid detoxification or having abstained from use for a long period of time).

How to Avoid an Accidental Overdose:

- Do not adjust your own dose, skip doses, or take any extra doses.
- Do not abuse prescription opioids.
- Do not mix with other drugs and/or alcohol. *For Example:* anti-anxiety drugs like Xanax, Ambien, Ativan, Klonopin; anti-depressants; or cocaine.

STEP 1. Recognizing an Opioid Overdose

When an individual takes too many opioids the drug may block their ability to breathe, which may lead to coma or death.

1. Shout to see if the victim responds and gently shake their shoulder.
2. Rub your knuckles on their upper lip or up and down the front of their rib cage (**sternal rub**).
3. If patient is unresponsive, **CALL 9-1-1**.

STEP 2. Calling 9-1-1

When calling 9-1-1, it is important to share the following information:

1. Individual's breathing has stopped and they are unresponsive.
2. Exact location of the individual.
3. Whether or not naloxone has been given to the individual and if that helped.

STEP 3. Rescue Breathing

1. Place the individual on their back. Place one hand on their forehead and the other under their chin.
2. Tilt their chin up gently to open the airway.
3. Check to see if there is anything in their mouth blocking their airway, such as gum, toothpick, undissolved pills, syringe cap, fentanyl patch, etc. If so, remove it.
4. Pinch their nose with one hand and keep chin tilted up with the other hand. Create an airtight mouth-to-mouth seal and give 2 even, regular-sized breaths. Blow enough air into their lungs to make their chest rise. If the chest does not rise, make sure you pinch their nose and tilt their head back with each breath.
5. Give one breath every 5 seconds.

STEPS to respond to an Overdose:

ACT IMMEDIATELY!

1. Recognize overdose
2. Call 9-1-1
3. Rescue breathing
4. Administer naloxone
5. Stay with person and continue rescue breathing until medical personnel arrive.

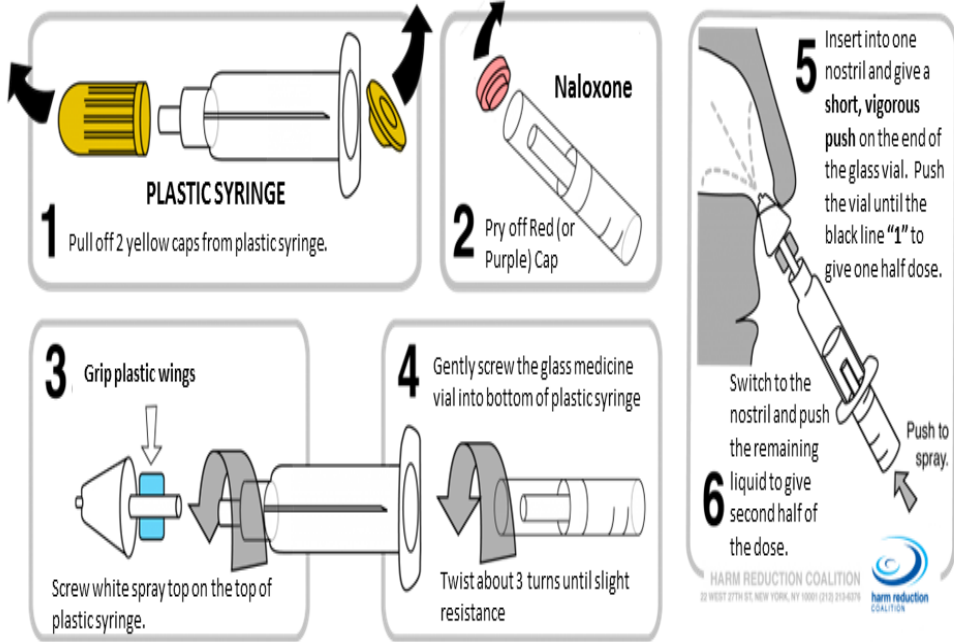
How to Identify an Opioid Overdose:

- Difficulty breathing, struggling to breathe, gurgling for breath, making deep snoring sounds
- Bluish lips and/or fingertips
- Pale, clammy skin
- Awake but unable to talk
- Small pupils
- Body very limp

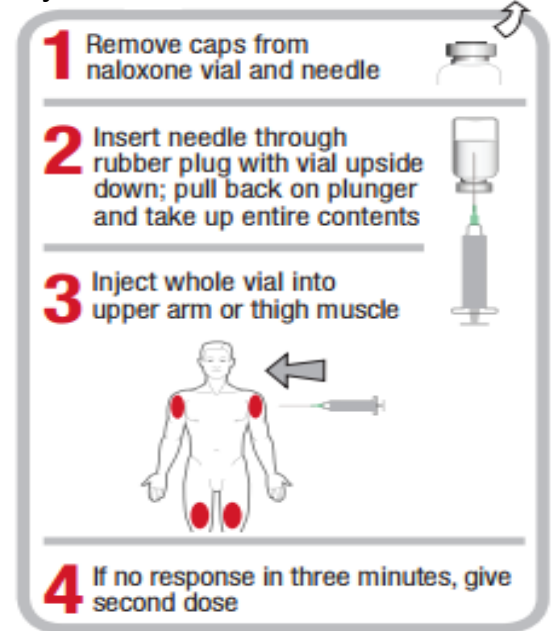
STEP 4. Administer Naloxone

- Follow the directions below to give either nasal spray naloxone or injectable naloxone.
- Caution:** The naloxone medicine vial is glass so use hands to gently pry cap off.
- Nasal naloxone note:** When twisting the glass medicine vial into bottom of plastic syringe, stop when you feel slight resistance. Naloxone will start to spray out the top of the white spray top. STOP!
- Remember to continue to give rescue breaths until emergency medical personnel arrive.
- Naloxone lasts for 30-90 minutes. Naloxone may wear off before the effects of the opioids are gone. The individual may experience overdose symptoms again if this happens.

Nasal spray naloxone



Injectable naloxone



Administering a second dose:

A. If the naloxone did not work after you **waited 3-5 minutes**, remove the second naloxone medication from a new box and a new white spray top and repeat steps 1-4 to assemble. Then give the victim a second dose by giving one half of the dose in each nostril following steps 5-6.

B. If the naloxone wears off before medical personnel arrive and the individual is still experiencing an overdose, you may administer a second dose following steps 1-6 above.

Recovery Position

If you have to leave the individual, even for a moment to call for help or to get naloxone, make sure to roll the individual over on their side with their top leg and arm crossed over their body. This position will help maintain an open airway. If they happen to vomit, this position will lessen the risk that they choke on their vomit.

Naloxone Storage: Naloxone should be stored at room temperature.

Important Resources:

Poison Control: 800-222-1222

Walgreens Pharmacy: 1-800-WALGREENS (800-925-4733)

www.prescribetoprevent.org

Information on local drug addiction treatment programs can be found by calling 877-SAMHSA-7 or by logging into: <https://findtreatment.samhsa.gov/>

Auto-injector:

The naloxone auto-injector, Evzio, is FDA approved for use in opioid emergencies. It comes with visual and voice instructions for injection into the thigh through clothing if necessary. The kit comes as a twin pack with 2 auto-injectors if a second dose is needed.

Signs of Withdrawal

If the naloxone is successful in overdose reversal the patient may experience withdrawal symptoms. Comfort the individual and keep them calm. An individual may experience withdrawal symptoms if the naloxone works to block the opioid in their system.

How to recognize Opioid Withdrawal:

- Dilated pupils
- Nausea, vomiting
- Agitation and anxiety
- Sweating

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