

What is Naloxone?

Naloxone is a temporary antidote for an opioid overdose. Should an overdose occur, naloxone will temporarily restore your breathing.

Because you are passed out during an overdose, someone else will need to administer this medication.

Be sure to tell your family members and friends where you keep your naloxone, and teach them how to use it.

Naloxone causes symptoms of opioid withdrawal, which may include irritability, nausea, vomiting, diarrhea, trembling and cramps. Medical care after use can address these symptoms.

Pregnant or nursing women should discuss the risks of opioids and naloxone-triggered withdrawal in their infant with their obstetrician.

Common Naloxone Brand Names

- Narcan Nasal Spray
- Narcan Injection
- Evzio

Store naloxone at room temperature. Keep it away from heat, cold and light, or it may lose its effectiveness.

My Naloxone Kit is Kept Here:

RESOURCES

Local Emergency Services: 911

National Poison Hotline: 1-800-222-1222

Military Addiction Treatment Services:
(301) 400-1298

Suicide Prevention/Veterans Crisis Line:
1-800-273-TALK (8255), or text – 838255
www.suicidepreventionlifeline.org (for live chat)

Opioid Safety Initiative Toolkit
https://www.va.gov/PAINMANAGEMENT/Opioid_Safety_Initiative_OSI.asp

SAMHSA Opioid Overdose Prevention Toolkit
Contains safety advice for patients and resources for family members
<https://store.samhsa.gov/product/Opioid-Overdose-Prevention-Toolkit/SMA18-4742>

How to Properly Dispose of Unused Medications
www.fda.gov/ForConsumers/ConsumerUpdates/ucm101653.htm

Overdose Recognition and Naloxone Administration
www.narcannasalspray.com
www.evzio.com

Administering **NALOXONE**

A Quick Reference Guide to Respond
to a Suspected Opioid Overdose



Signs of an Overdose

- Unusual sleepiness or difficulty staying awake
- Cannot be awakened, even with sternal rub (see below for more information)
- Slow, shallow or irregular breathing
- Choking, gurgling, gasping or snoring sounds
- Bluish or grayish lips, fingernails or skin
- Small, pinpoint pupils
- Cool, clammy skin

Responding to an Overdose

Below are the steps you will need to care for the patient

1. Check for a Response

- Lightly shake the patient and yell his or her name.
- If there is no response, firmly rub the patient's sternum with the knuckles of your fist (sternal rub).

The sternum is the bone in the center of the chest where the ribs connect.



2. Give Naloxone

When using the Nasal Spray:

Place the tip of the nozzle in one of the patient's nostrils until your fingers touch the bottom of his or her nose. Press the plunger firmly to release a FULL dose into the patient's nose.



Note: The goal of naloxone is to restore regular breathing, not to completely wake the patient.

3. Call 911

If you are by yourself, try using speakerphone so you can continue caring for the patient.



4. Care for Patient

If You Saw The Patient Pass Out: Provide Rescue Breathing

- Tilt head back, lift chin, pinch nose.

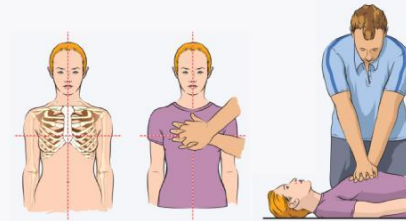


- Give 2 breaths for every 30 compressions.

If You Did Not See The Patient Pass Out:

Perform CPR

- Place heel of one hand over center of the patient's chest (between nipples).
- Place the other hand of top of first hand; keep elbows straight and shoulders above hands.
- Use body weight to push straight down, at least 2 1/2 inches, at rate of 100-120 compressions per minute.
- Give 2 breaths for every 30 compressions.



5. Consider Giving Naloxone Again

If the patient is not breathing at this point (2-3 minutes after first dose) or responds to the first dose but stops breathing again, give the second dose of naloxone. Naloxone wears off after 30 to 90 minutes.

6. Place Patient in Recovery Position

If the patient is breathing but unresponsive, put the patient on his or her side to prevent choking in case of vomiting.

Stay with the patient until emergency medical staff takes over.

