

# PATIENT HANDOUT: HOW TO USE NALOXONE

## What are opioids?

Opioids are generally used to **treat pain** and include both prescription painkillers and heroin.

## What is an opioid emergency or overdose?

Opioids can cause a person's **breathing to slow or even stop**—this is considered an overdose. **All opioids put people at risk.**

## What is naloxone?

Naloxone temporarily **blocks the effects** of opioids, and can reverse overdose. Naloxone only works if **opioids** are in the body and has no effects on alcohol or other drugs. It takes **2-5 minutes** to start working, and may require more than one dose. The effects of naloxone last for between **30-90 minutes**.

Naloxone may cause an opioid dependent person to go into **withdrawal** (e.g. *nausea, vomiting, agitation, muscle aches*). These symptoms **will go away** as the naloxone wears off.

## Signs of an opioid emergency or overdose:

- A person is **unresponsive** and won't wake up even if you shake them or say their name loudly  
*Try to wake the person by vigorously rubbing knuckles up and down the front of their rib cage (sternal rub)*
- Breathing slows or even stops
- Lips and/or fingernails turn blue, pale or gray

## IN CASE OF OVERDOSE:

- 1 Call 911**  
Follow dispatcher instructions.
- 2 Give naloxone.**  
See reverse for instructions. If no reaction in 3 minutes, give second dose.
- 3 After naloxone**  
Stay with the person for 3 hours (as long as you can) or until help arrives. Make sure the person **does not take more opioids** even if they don't feel well. **If the person is still unresponsive**, lay them on their side, wait for help.
- 4 If you know how, do rescue breathing and/or CPR**  
See reverse for instructions or follow 911 dispatcher instructions.



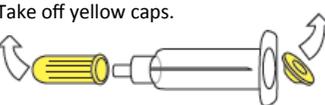
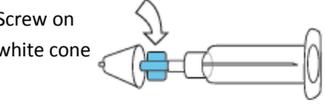
## Opioids include:

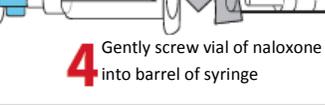
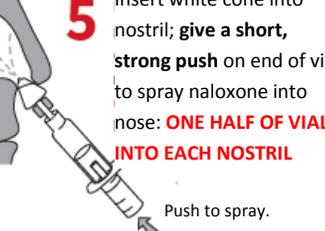
GENERIC	BRAND NAME
Hydrocodone	Vicodin, Lorcet, Lortab, Norco, Zohydro
Oxycodone	Percocet, OxyContin, Roxicodone, Percodan
Morphine	MSContin, Kadian, Embeda, Avinza
Codeine	Tylenol with Codeine, TyCo, Tylenol #3
Fentanyl	Duragesic
Hydromorphone	Dilaudid
Oxymorphone	Opana
Meperidine	Demerol
Methadone	Dolophine, Methadose
Buprenorphine	Suboxone, Subutex, Zubsolv, Bunavail, Butrans
Heroin	

It is important to **share this information** with family and friends. Create a plan of action so others are prepared to respond in case of emergency. Tell people **where your naloxone is** so it is easily accessible in case of emergency.

## Administering naloxone:

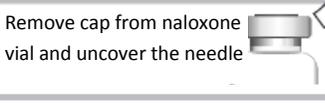
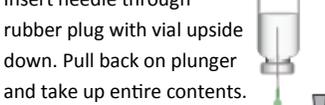
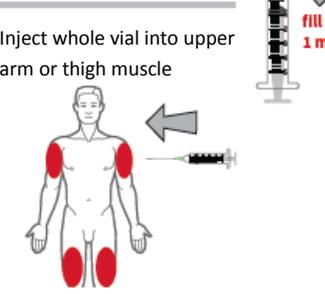
### Nasal spray naloxone

- 1** Take off yellow caps.  

- 2** Screw on white cone.  

- 3** Take purple cap off vial of naloxone.  

- 4** Gently screw vial of naloxone into barrel of syringe.  

- 5** Insert white cone into nostril; give a short, strong push on end of vial to spray naloxone into nose: **ONE HALF OF VIAL INTO EACH NOSTRIL**.  


Push to spray.
- 6** If no reaction in 3 minutes, give 2nd dose.

### Injectable naloxone

- 1** Remove cap from naloxone vial and uncover the needle.  

- 2** Insert needle through rubber plug with vial upside down. Pull back on plunger and take up entire contents.  

- 3** Inject whole vial into upper arm or thigh muscle.  


fill to 1 ml
- 4** If no reaction in 3 minutes, give 2nd dose.

### Auto-injector

The naloxone auto-injector is FDA approved for use by anyone in the community. It contains a speaker that provides instructions to inject naloxone into the outer thigh, through clothing if needed.

### REDUCE RISK

Certain factors can increase risk of opioid emergency or overdose:

- **Changes in tolerance** (*how much of the drug your body can handle*) Resuming opioid use after a period of abstinence and changing medicines can increase risk.
- **Mixing other drugs or medications** —such as alcohol, benzodiazepines (e.g. Xanax® or Valium®), or cocaine—with opioids can increase risk of overdose.
- **Taking opioids by yourself** increases the chance that if anything happens, you will not get help.

### Resuscitation

- If you are trained in CPR you may do this.
- If you only know rescue breathing or chest compressions do one of those
- Follow the instructions of the 911 dispatcher

### When to get a refill

Please get a refill if:

- One of more doses of naloxone are used
- Naloxone or any piece of the applicator is lost or damaged
- Naloxone is nearing expiration date or is expired

If possible, store naloxone at room temperature, away from direct light.

