



WHAT IS AN OPIOID OVERDOSE?

Opioid use can cause dangerous reactions such as slowed or stopped breathing. An opioid overdose occurs when your body can't process your opioid intake.

TO AVOID AN ACCIDENTAL OPIOID OVERDOSE:

- Try not to mix your opioids with alcohol, benzodiazepines (Xanax, Ativan, Klonopin, Valium,) or medicines that make you sleepy.
- Be extra careful if you miss or change doses, feel ill, or start new medications.

NOW THAT YOU HAVE NALOXONE...

Tell someone where it is and how to use it. Check the expiration date regularly and replace when expired.

COMMON OPIOIDS INCLUDE:

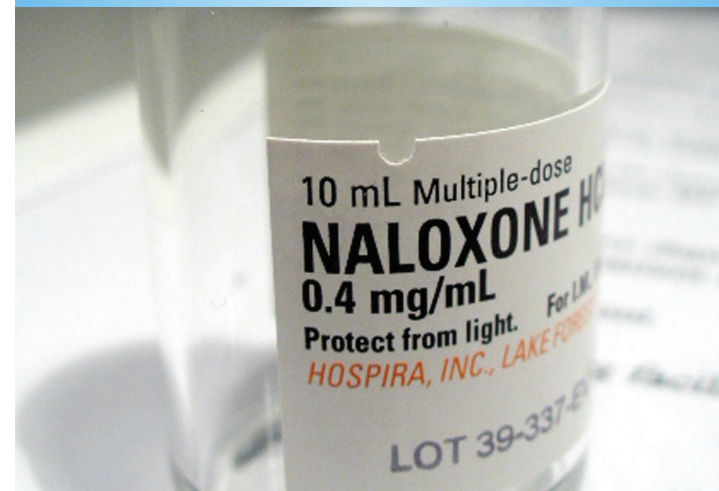
GENERIC	BRAND NAME(S)
Buprenorphine	Suboxone, Subutex, Zubsolv, Bunavail, Butrans
Codeine	Tylenol with Codeine, TyCo, Tylenol #3
Fentanyl	Duragesic
Hydrocodone	Vicodin, Lorcet, Lortab, Norco, Zohydro
Hydromorphone	Dilaudid
Meperidine	Demerol
Methadone	Dolophine, Methadose
Morphine	MSContin, Kadian, Embeda,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

* Heroin is also an opioid.

For patient education, videos and additional materials, please visit www.PrescribeToPrevent.org



OPIOID SAFETY AND HOW TO USE NALOXONE



A GUIDE FOR PATIENTS AND CAREGIVERS

HOW TO IDENTIFY AN OPIOID OVERDOSE:

Look for these common signs:

- The patient won't wake up even if you shake them or say their name
- Breathing slows or even stops
- Lips and fingernails turn blue or gray
- Skin is pale and clammy

IN CASE OF OVERDOSE:

1 Call 911

Make sure patient is in rescue position, on their side with top leg and arm crossed over body to prevent choking if they vomit.

2 Administer naloxone

If no reaction in 3 minutes, administer the second dose of naloxone.

Note: Naloxone only lasts for 30-60 minutes. The patient may slip back into overdose once it wears off.

3 Perform rescue breathing: one breath every 5 seconds

Follow the 911 dispatcher instructions.

4 Stay with the patient...

...for at least 3 hours or until help arrives.

5 Safely dispose of any needles

Use a sharps container or other puncture-resistant container

6 Refill naloxone prescription

Report usage of kit to your pharmacist and/or doctor

HOW TO GIVE NALOXONE

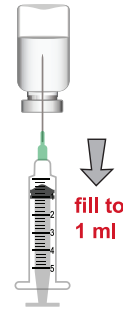
There are 3 ways to give naloxone. Follow the instructions for the type you have.

INJECTABLE NALOXONE

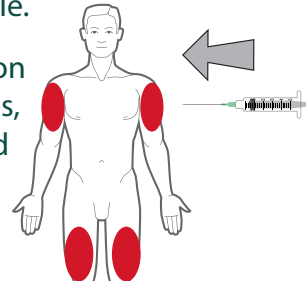
STEP 1: Remove cap from naloxone vial and uncover the needle.



STEP 2: Insert needle through rubber plug with vial upside down. Pull back on plunger and take up 1 ml.



STEP 3: Inject 1 ml of naloxone into an upper arm or thigh muscle.



STEP 4: If no reaction in 3 minutes, give second 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.

NARCAN NASAL SPRAY

STEP 1: Remove narcan nasal spray from box by pulling back on tab with circle on it.

STEP 2: Hold the narcan nasal spray with your thumb on the bottom of the plunger and your first and middle fingers on either side of the nozzle.



STEP 3: Tilt the patient's head back and provide support under the neck with your hand. Gently insert the tip of the nozzle into one nostril until your fingers on either side of the nozzle are against the bottom of the person's nose.



STEP 4: Press the plunger firmly to give the dose of narcan nasal spray.

STEP 5: If no reaction in 3 minutes, give second dose in the opposite nostril.

NOTE: Patient may experience opiate withdrawal symptoms after naloxone is given and they may be combative. **DO NOT** allow them to take more opiates.