

## **Naloxone Discharge Instructions:**

### **What are the symptoms of an opioid overdose?**

Signs of an overdose include:

- Slow, shallow breathing
- Extreme sleepiness
- Inability to talk
- Blue skin color and dark-colored lips
- Snoring or gurgling sounds

### **How should you respond to an opioid overdose?**

If you think someone may be experiencing an opioid overdose, take the following actions immediately:

Lightly tap, shake and shout at the person to get a response. If you do not get a response, rub your knuckles on the person's breastbone in the center of the chest.

If the individual responds, keep the person awake.

Call 911

#### ***If You Get Little or No Response***

If lightly tapping, shaking and shouting at the person or rubbing your knuckles on the center of a person's chest (i.e. breastbone) do not elicit a response, take the following actions:

Call 911. If you have naloxone, a medication that can rapidly reverse the effects of an overdose, administer it according to the instructions on the package (in addition to calling 911).

If breathing is shallow or nonexistent, or if the person's skin color is blue and he or she has dark-colored lips, perform mouth-to-mouth rescue breathing by tilting the head back and lifting up the chin until the mouth opens, clearing the airway. Give two quick breaths to start and then a strong breath every 5 seconds.

If the person does not have a pulse or is not breathing, perform CPR. Push down repeatedly on the chest at a rate of 100 times per minute. Deliver rescue breaths after every 30 compressions.

While waiting for emergency responders, stay with the person. If you must leave the person alone or vomiting occurs, place the individual on the person's side, with the opposite hand supporting the head, mouth facing to the side and down, and top leg on the floor to keep the person from rolling onto the stomach.

### **What is naloxone (Narcan) and how can it help with an overdose?**

Naloxone is a lifesaving medication used in the treatment of opioid overdose. Naloxone will reverse the effects of an opioid overdose and will save your life! Naloxone is available as an injection or nasal spray and often sold under the brand name Narcan. If you happen to have naloxone when responding to an overdose, call 911 and administer the medication according to the package instructions.

### **Side Effects of Naloxone (Narcan)**

Patients who experience an allergic reaction from naloxone, such as hives or swelling in the face, lips, or throat, should seek medical help immediately. They should not drive or perform other potentially unsafe tasks.

Use of naloxone may cause symptoms of opioid withdrawal, including:

- Feeling nervous, restless, or irritable
- Body aches
- Dizziness or weakness
- Diarrhea, stomach pain, or nausea

- Fever, chills, or goose bumps
- Sneezing or runny nose in the absence of a cold

## Finding the Help:

Document your recovery centers.....

# **NARCAN<sup>®</sup>** (naloxone HCl) **NASAL SPRAY**

## QUICK START GUIDE

### Opioid Overdose Response Instructions

Use NARCAN Nasal Spray (naloxone hydrochloride) for known or suspected opioid overdose in adults and children.

**Important: For use in the nose only.**

**Do not remove or test the NARCAN Nasal Spray until ready to use.**

### 1 Identify Opioid Overdose and Check for Response

**Ask** person if he or she is okay and shout name.

**Shake** shoulders and firmly rub the middle of their chest.

**Check for signs of opioid overdose:**

- Will not wake up or respond to your voice or touch
  - Breathing is very slow, irregular, or has stopped
  - Center part of their eye is very small, sometimes called "pinpoint pupils"
- Lay the person on their back to receive a dose of NARCAN Nasal Spray.



### 2 Give NARCAN Nasal Spray

**Remove** NARCAN Nasal Spray from the box.

Peel back the tab with the circle to open the NARCAN Nasal Spray.

**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.

**Gently insert the tip of the nozzle into either nostril.**

- Tilt the person'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.

**Press the plunger firmly** to give the dose of NARCAN Nasal Spray.

- Remove the NARCAN Nasal Spray from the nostril after giving the dose.



### 3 Call for emergency medical help, Evaluate, and Support

**Get emergency medical help right away.**

**Move the person on their side (recovery position)** after giving NARCAN Nasal Spray.

**Watch the person closely.**

**If the person does not respond** by waking up, to voice or touch, or breathing normally another dose may be given. NARCAN Nasal Spray may be dosed every 2 to 3 minutes, if available.

**Repeat Step 2 using a new NARCAN Nasal Spray to give another dose in the other nostril.** If additional NARCAN Nasal Sprays are available, repeat step 2 every 2 to 3 minutes until the person responds or emergency medical help is received.

