

What is an opioid overdose?



Opioids can cause bad reactions that make your breathing slow or even stop. This can happen if your body can't handle the opioids that you take that day.

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.

Common opioids include:

GENERIC	BRAND NAME
Hydrocodone	Vicodin, Lorcet, Lortab, Norco, Zohydro
Oxycodone	Percocet, OxyContin, Roxycodone, Percodan
Morphine	MS Contin, Kadian
Codeine	Tylenol with Codeine
Fentanyl	Duragesic
Hydromorphone	Dilaudid
Oxymorphone	Opana
Meperidine	Demerol
Methadone	Dolophine, Methadose
Buprenorphine	Suboxone, Subutex, Buprenex, Butrans

For more information and additional materials, please visit www.pacecoalition.org.



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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 person 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 gets pale, clammy

IN CASE OF OVERDOSE:

1. Call 911 and give naloxone. *If no reaction in 3 minutes, give second naloxone dose*
2. Do rescue breathing or chest compressions. *Follow 911 dispatcher instructions*
3. After naloxone: **Stay with person for at least 3 hours or until help arrives.**

How to give naloxone:

Follow the instructions below for the type of naloxone you have.

NASAL SPRAY NALOXONE



Step 1: Take off yellow caps.

Step 2: Screw on white cone.

Step 3: Take purple cap off capsule of naloxone.

Step 4: Gently screw capsule off naloxone into barrel of syringe.

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

Step 6: If no reaction in 3 minutes, administer another dose.



NARCAN Nasal Spray:
Follow directions on package.

INJECTABLE NALOXONE

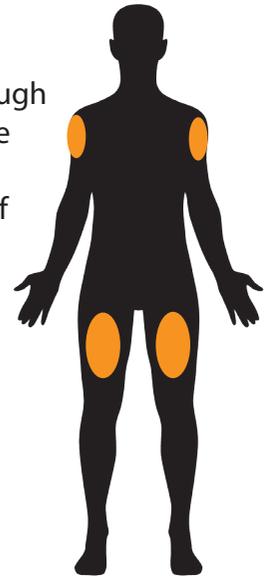


Step 1: Remove cap from naloxone vial and uncover the needle.

Step 2: Insert needle through rubber plug with vial upside down. Pull back on plunger and take all liquid. Get rid of excess air.

Step 3: Inject into an upper arm or thigh muscle.

Step 4: If no reaction in 3 minutes, give a second dose.



Evzio Auto-Injector:

The naloxone auto-injector contains a speaker that provides instructions, but availability is limited in our community.

