

Opioid safety and how to use naloxone

A GUIDE FOR PATIENTS AND CAREGIVERS

What is an opioid overdose?



If you are taking one of the opioid medications in this list→, you may be at risk of a bad reaction that could make your breathing slow or even stop.

Naloxone is a medication used to block the effect of overdose from opioids. The effects of naloxone last about half an hour to one hour. Since the duration of action of most opioids is greater, multiple doses may be required.

Your provider is prescribing naloxone as a safety precaution. Talk with friends and family about recognizing and responding to an overdose.

Common 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, Actiq
Hydromorphone	Dilaudid
Oxymorphone	Opana
Meperidine	Demerol
Methadone	Dolophine, Methadose
Buprenorphine	Suboxone, Subutex, Zubsolv, Bunavail, Butrans

* Heroin is also an opioid.

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.

In case of overdose:

1 Check responsiveness

Look for any of the following:

- No response even if you shake them or say their name
- Breathing slows or stops
- Lips and fingernails turn blue or gray
- Skin gets pale or clammy

2 Call 911 and give naloxone

If no reaction in 3 minutes, give second naloxone dose

3 Do rescue breathing and/or chest compressions

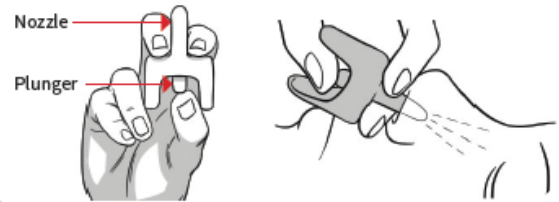
Follow 911 dispatcher instructions

>> STAY WITH PERSON UNTIL HELP ARRIVES.

How to give naloxone:

Nasal spray

This nasal spray needs no assembly and can be sprayed up one nostril by pushing the plunger.



How to recognize an overdose:

- Heavy nodding
- Slow breathing (less than 1 breath every 5 seconds) or no breathing
- Limp body
- Choking sounds or gurgling, snorting noise

For patient education, videos and additional materials, please visit:

[Introduction to naloxone for people taking prescribed opioids](#)

[How to use the naloxone nasal spray](#)