

# 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, 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 is also an opioid.**

For patient education, videos and additional materials, please visit [www.prescribetoprevent.org](http://www.prescribetoprevent.org).

For additional information and resources, please visit the Department of Drug and Alcohol Programs at: [www.ddap.pa.gov](http://www.ddap.pa.gov).

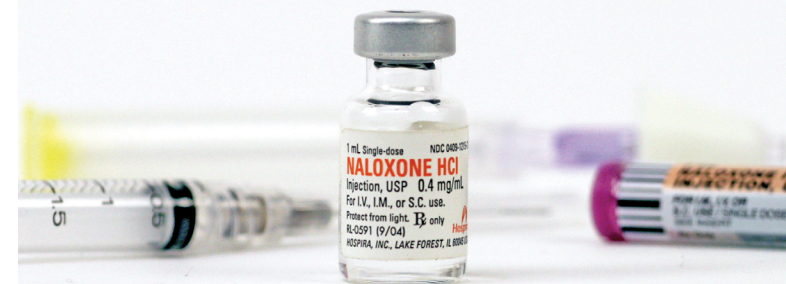
or Department of Health at: [www.health.pa.gov](http://www.health.pa.gov).



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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

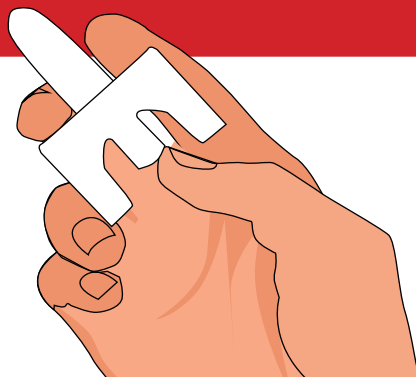
## How to give naloxone:

There are three ways to give naloxone. **Call 911**, then follow the instructions for the type you have.

### Intranasal (FDA Approved)

**1 PEEL** back the package to remove the device.

**2 PLACE** the tip of the nozzle in either nostril until your fingers touch the bottom of the patient's nose.



**3 PRESS** the plunger firmly to release the dose into the patient's nose.

### Auto-injector (FDA Approved)

Call 911. 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.



### Intranasal (Off-Label)

**1** Take off yellow caps.

**2** Screw on white cone.

**3** Take purple cap off capsule of naloxone.

**4** Gently screw capsule of naloxone into barrel of syringe.

**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.**

Push to spray.

**6** If there is no reaction in three minutes, give second dose.