



NALOXONE INFORMATION SHEET



What Is naloxone?

- Naloxone is a medication that blocks opioid activity in the brain
- It works very quickly to reverse opioid effects

Why am I receiving naloxone?

- There is concern for you or someone you know about potential adverse effects from opioids which can be deadly if not recognized and treated immediately

Where can I find naloxone?

- Naloxone can be prescribed by your doctor and is covered by most insurances, copays vary
- In PA, anyone can obtain naloxone under a standing order by the PA Physician General, Dr. Rachel Levine
- Information and pharmacies can be found at: http://www.ddap.pa.gov/overdose/Pages/Naloxone_FAQ.aspx

How do opioids work?

- Opioids work by blocking pain signals in our brains to help us feel more comfortable while other therapies address the underlying cause of pain
- Opioids can also cause us to breathe more slowly and shallowly leading to decreased oxygen for our brain, heart, and other organs. In some cases, they can lead us to stop breathing altogether
- Long term treatment with larger doses of opioids is associated with an increased risk of death from unintended effects of the medicine

How will I know if someone needs naloxone?

- Consider giving naloxone if you encounter someone who you can't awaken, seems to be breathing slowly or not at all, particularly if that person is known to be on an opioid

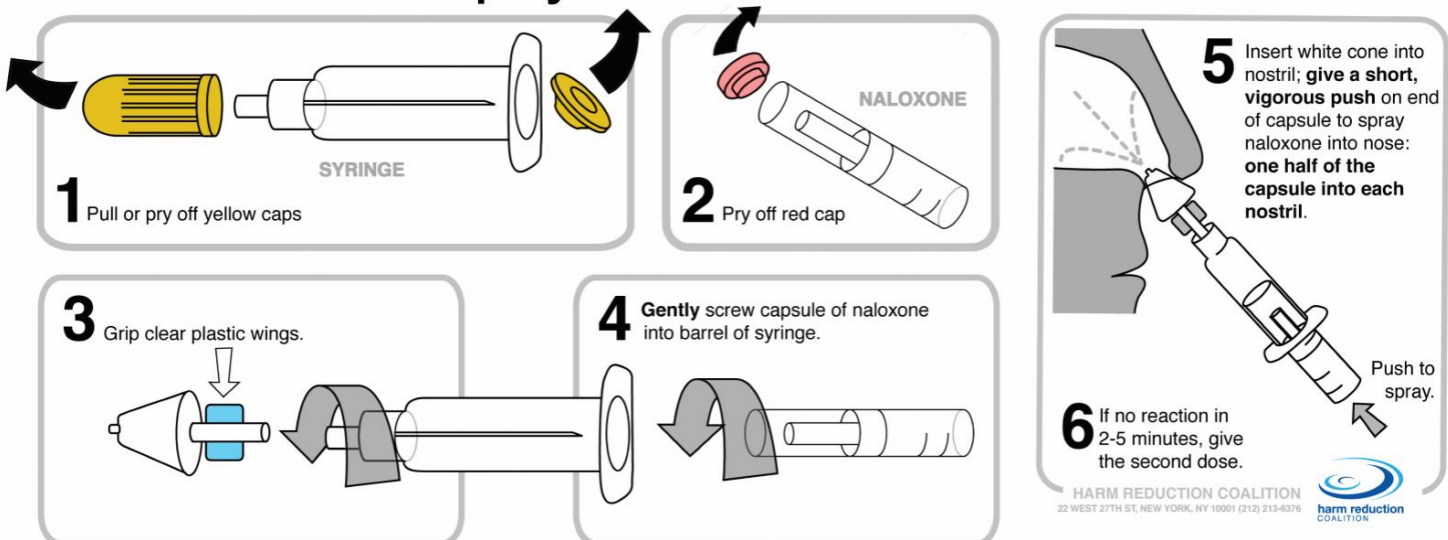
What do I do if I encounter someone who is not responding?

- Call out to the person and gently shake his/her shoulders to see if there is a response
- If the person is not responding:
 1. Immediately call 911 or make sure that someone else does
 2. Check if the person is breathing and has a pulse
 3. If you feel comfortable, proceed with providing CPR and/or rescue breathing, if necessary
 4. Administer naloxone as soon as possible

How do I give naloxone?

- Naloxone is available in a variety of formulations, but is usually provided in a nasal spray form
- Naloxone can be absorbed by delivering a mist into the nose leading to reversal of opioid toxicity
- Once given, turn the person on his/her side to prevent choking
- If there is no response within 2-4 minutes, give another dose if you have it
- If there is still no response after two doses, provide rescue breathing and CPR if you are able until EMS arrives

How to Give Nasal Spray Naloxone





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For Narcan® nasal spray:



PEEL



Peel back the package to remove the device. Hold the device with your thumb on the bottom of the plunger and 2 fingers on the nozzle.

PLACE



Place and hold the tip of the nozzle in either nostril until your fingers touch the bottom of the patient's nose.

PRESS



Press the plunger firmly to release the dose into the patient's nose.

*source: narcan.com

What should I expect after I give naloxone?

- Ideally, the individual will begin breathing and awaken within minutes
- If the person remains sleepy, but is able to respond verbally, additional naloxone is not necessary
- When naloxone is given to someone who has been taking opioids for a long time, it can cause immediate symptoms of withdrawal which is not medically dangerous, but can include:
 - Cramping, muscle, joint, and abdominal pain
 - Vomiting and diarrhea
 - Goosebumps and sweating
 - Anxiety
- Wait with the person until EMS arrives (In PA, 2014 Act 139 provides legal protection for individuals who provide rescue therapy to an individual who has suffered opioid toxicity)

What should I do if I am concerned about unsafe use of opioids by myself or someone I know?

Indicators of a potential substance use disorder:

- Strong desire to take or use a substance
- Inability to control or reduce use
- Continued use despite negative consequences (e.g. overdose, injury, hospitalization, loss of work, or family disputes)
- Tolerance: Reduced effect from the same dose or, in other words, increasing amounts of the substance are needed to obtain the desired outcome
- Obtaining and using the substance interferes with normal daily activity
- Discontinuing use results in symptoms of withdrawal

Long term risks:

- Development or worsening of mood disorders
- Greater chance of suffering injuries
- Incarceration
- Loss of employment and wages
- Deterioration of personal relationships
- Medical illness and premature death

Ways to help yourself:

- Understand that substance use disorder is a disease that requires treatment
- Identify treatment centers in your area
- Work with your county's Single County Authority (SCA) to facilitate rehabilitation treatment and reimbursement
- Understand that treatment and recovery are lifelong processes and identify resources to assist you throughout that time

Treatment Resources:

- Pittsburgh Poison Center is available 24/7 at 1(800)222-1222 to provide immediate help as well as treatment and addiction resources
- PA Get Help Now is available 24/7 at 1(800)662-HELP(4357) for connection to addiction resources
- The Single County Authority in each county can be found at: <https://apps.ddap.pa.gov/gethelpnow/CountyServices.aspx>
- Narcotics Anonymous (<https://www.na.org/>)