

Opioid Safety and How to Use Naloxone Nasal Spray

A Guide for Patients and Caregivers



What is an opioid overdose?

Opioids can cause side effects that slow your breathing or stop your breathing. It can happen if your body can't handle the opioids you take that day (or you take with other sedating medications or alcohol). The signs and symptoms of opioid overdose include:

- Slow or shallow breathing
- Blue or gray lips and fingernails
- Pale or moist skin
- Unable to wake up or respond

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 [®] , Belbuca [®]

Heroin is also an opioid.

How can I avoid an accidental opioid overdose?

- Do not drink alcohol while taking opioids.
- Do not mix opioids with other medications such as benzodiazepines or medications that cause sleepiness unless your doctor instructs you to do that.
 - Benzodiazepines include: Xanax[®], Ativan[®], Klonopin[®], Valium[®], Restoril[®], Serax[®], Librium[®]
 - Medicines that can make you sleepy include: make you sleepy include Soma[®], Ambien[®], Halcion[®], Lunesta[®], Prosom[®], Sonata[®]
- Store medications in a secure place. Store opioids in their original packaging inside a locked cabinet, lockbox, or a location where others cannot easily access them.
- Only take medications your doctor prescribed for you.
- Do not take more than instructed by your doctor.
- Call your doctor if the pain gets worse.
- Dispose of unused medications in a safe way.
- Store medications in secure places.
- Learn how to use naloxone.
- Teach your family and friends how to respond in an overdose.

What is Naloxone?

Naloxone is a medication that can save a life in the event of an accidental opioid overdose. It quickly reverses the effect of the opioid and restores breathing. It works for prescription opioids and illegal opioids such as heroin. It can be given easily via a nasal spray by someone without medical training.

Naloxone should be used **only in emergencies**, in a person who is unresponsive or barely responsive. It will cause acute opioid withdrawal in someone who is physically dependent on them. **If a person can answer questions, they don't need naloxone!**

After using naloxone, call 911 immediately! Naloxone only works for a short time, and the patient may need further treatment.

Pick someone close to you who could give you naloxone if you were having an opioid overdose. We call this person your Rescue Person. It is best to pick someone who lives with you or sees you often. Tell your rescue person where naloxone is stored and how to use it in case of an overdose.

I keep my Naloxone nasal spray here:

What are the "911 Good Samaritan" or "Naloxone Access Laws"?

Michigan is one of many states that have a Good Samaritan or 911 drug immunity law. These laws generally provide immunity from criminal charges for people all ages who are seeking emergency medical assistance because they or another person is having a drug overdose. To learn more about Good Samaritan law in Michigan visit <http://www.quitalcohol.com/news/good-samaritan-law-michigan.html>.

What are the instructions to giving Naloxone nasal spray?

There are 3 options for giving Naloxone nasal spray. In Michigan they are available by prescription from a doctor:

- **Option 1:** NARCAN® Nasal Spray plunger (commercial product available at most retail pharmacies) - (page 4)
- **Option 2:** Option 2: Naloxone Pre-Packaged Nasal Spray Kit with Atomizer (may be available at some hospital out-patient pharmacies) (page 8)
- **Option 3:** Naloxone Nasal Spray Vial Kit with Atomizer (may be available at some hospital out-patient pharmacies) (page 10)

Remember: the rescue person must call 911 after giving Naloxone regardless of the option they use.

Option 1: NARCAN® Nasal Spray plunger

(commercial product available at most retail pharmacies)

- Do not remove or test the NARCAN Nasal Spray until ready to use.
- To view a video of how to give NARCAN visit: <https://www.narcan.com/> and select “How to Use”.

1. Identify Opioid Overdose and Check for Response

Ask the person if they are okay and shout their 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 fist and middle fingers on either side of the nozzle.

Do not press plunger until you are ready to give the dose. If you do, you will waste part of the whole dose of the medication.

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 911 for emergency medical help.

4. Evaluate and Support

If the person is breathing, move the person on their side (recovery position) after giving NARCAN® Nasal Spray.



Watch the person closely.

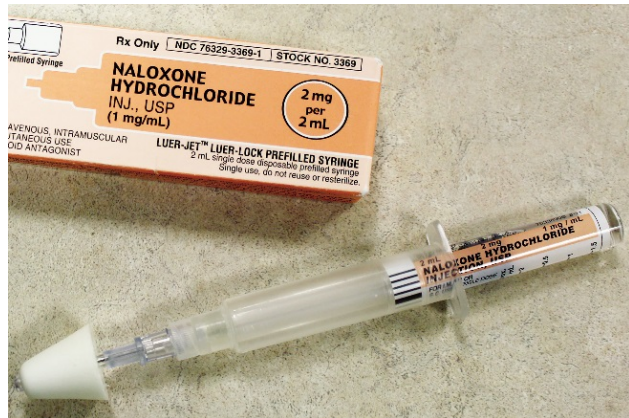
If the person does not respond by waking up, to voice or touch, or breathing normally, you may give another dose. NARCAN® Nasal Spray may be dosed every 2 to 3 minutes, if available.

If the person is **not** breathing, and if you know how, give 2 rescue breaths. Tilt head back, lift chin and pinch nose. Give one breath every 5 seconds.

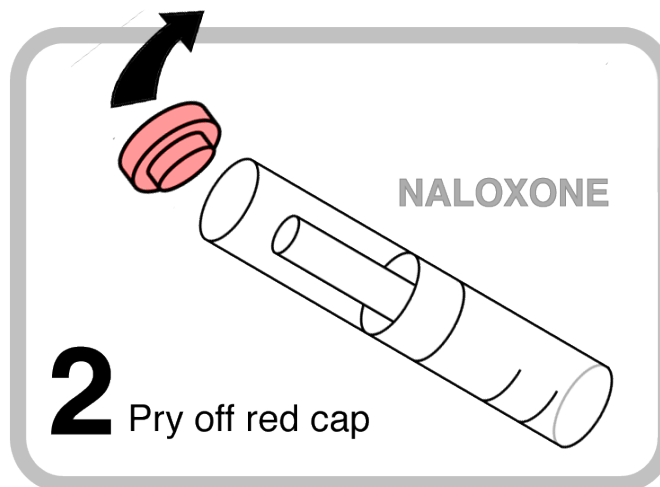
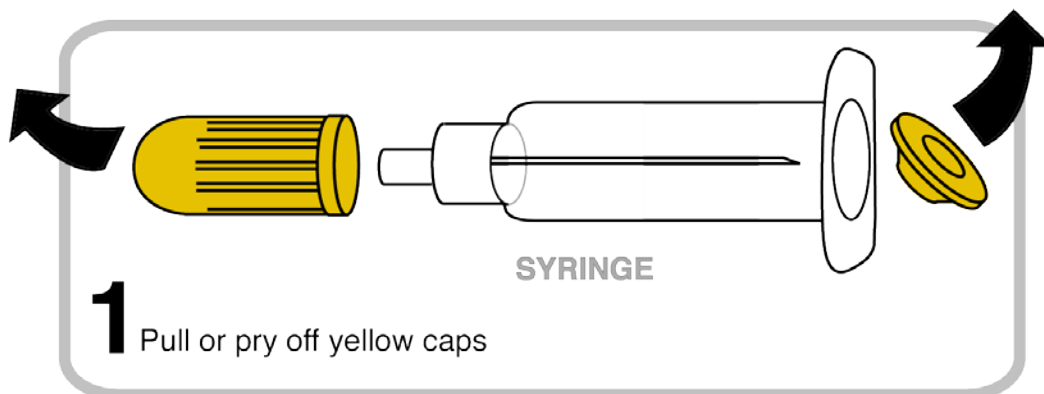
Repeat Step 2 using a new NARCAN® Nasal Spray to give another dose in the other nostril. If additional NARCAN® Nasal Sprays are available, repeat step 2 every 2 to 3 minutes until the person responds or emergency medical help is received.

Still images taken from NARCAN® Nasal Spray Press Kit video. <http://adaptpharma.com/news-events/press-kit/>

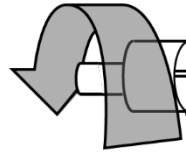
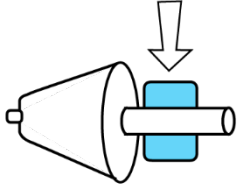
Option 2: Naloxone Pre-Packaged Nasal Spray Kit with Atomizer (may be available at some hospital out- patient pharmacies)



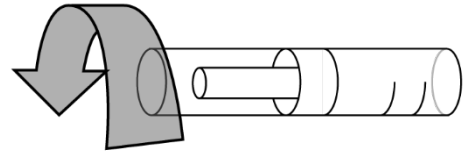
How to give pre- packaged nasal spray Naloxone?



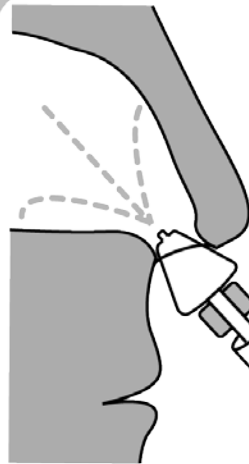
3 Grip clear plastic wings.



4 Gently screw capsule of naloxone into barrel of syringe.



5 Insert white cone into nostril; **give a short, vigorous push** on end of capsule to spray naloxone into nose: **one half of the capsule into each nostril.**



6 If no reaction in 2-5 minutes, give the second dose.

HARM REDUCTION COALITION
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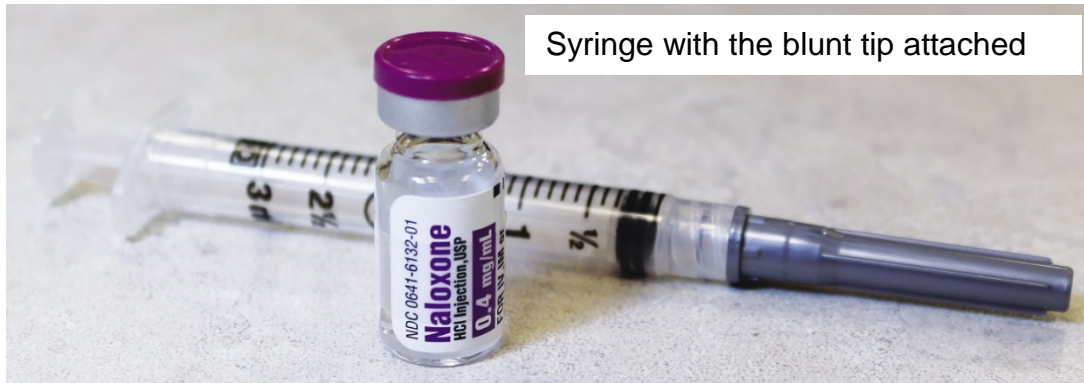


After giving a dose of nasal spray Naloxone call 911.

Option 3: Naloxone Nasal Spray Vial Kit with Atomizer

(may be available at some hospital out-patient pharmacies)

Instructions for using naloxone nasal kit with atomizer



1. **Attach** (screw on) the blunt needle tip on to the end of the syringe.
2. **Pierce** the center of the rubber stopper of the naloxone vial with the end of the blunt needle. Pull out the liquid contents of the vial (the naloxone medication.)
3. **Remove** the blunt tip needle from the syringe, grip the clear plastic wings of the nasal atomizer, and attach (screw on) the nasal atomizer piece on to the end of the same syringe (with the medication in it).



4. **Insert** the white cone of the atomizer into one nostril, giving a short, strong push on the syringe plunger to spray naloxone into the nostril.
5. **Call 911** for help.

Where can I dispose of unused medications?

If you have expired or unused prescription drugs including opioids, benzodiazepines (Valium®, Xanax®, etc.), sedatives (Ambien®, Lunesta®, etc.), anti-depressants, and stimulants (Ritalin®, Adderall®, etc.) you can dispose of them in one of the “Take Back” location across Michigan. “Take Back” locations include all 29 state police posts, sheriff and police departments and some pharmacies. To find a location near you visit:

- Michigan-OPEN Drug Disposal Information and Resources at:
<http://umhealth.me/takebackmap>
- Michigan Household Drug Take Back Programs Page at:
http://www.michigan.gov/deq/0,4561,7-135-3312_4118_74618-370212--00.html
- AwareRx national online Drug Disposal Locator Tool at:
<http://www.awarerx.pharmacy/dispose-safely/disposal-sites>

To learn more about medication disposal at home visit:

<https://www.med.umich.edu/1libr/Pharmacy/MedicationDisposal.pdf>

Where can I find mental health and substance abuse services?

To locate resources in your community visit:

- Michigan Department of Health and Human Services. **Get Help Now.**
Access at: <http://www.michigan.gov/mentalhealth-addiction-help>
- **Washtenaw County Substance Abuse Groups and Treatment Centers.**
(Call organizations for the latest information on their treatment services):
Access the list at:
<http://www.ewashtenaw.org/government/departments/port/Substance%20Abuse/>
- **Substance Abuse and Mental Health Services Administration.** Access at:
<http://findatreatment.samhsa.gov> or call the Helpline: 1-800-662-4357

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