

What is naloxone (Narcan®)?

Naloxone (also called Narcan®) is a medication used to temporarily reverse an opioid overdose until help arrives.

- If someone is experiencing an opioid overdose, you can give them naloxone every 2-3 minutes until they start breathing again.
- A person cannot get high or become addicted to naloxone.

What is an opioid overdose?

Opioids are a class of drugs that attach to opioid receptors in our brain and body to reduce pain, stop cough, and promote feelings of pleasure and relaxation.

- Taking too much opioid can slow your breathing and your heart rate. This leads to lack of oxygen in your brain, coma, heart stopping, and death.
- An opioid overdose can happen in just minutes, so you have to act fast to save a life.

Examples of opioids:

- Morphine (MS Contin®)
- Hydrocodone (Vicodin®, Norco®)
- Hydromorphone (Dilaudid®)
- Oxycodone (Percocet®, Oxycontin®)
- Oxymorphone (Opana®)
- Fentanyl (Duragesic®)
- Buprenorphine (Suboxone®, Subutex®)
- Methadone (Dolophine®)
- Non-prescribed opioids, such as heroin

What are signs of an opioid overdose?

If someone has used opioids and has one or more of these overdose signs, you can give them naloxone.

- Difficulty waking up or staying awake (falling asleep during conversations)
- Irregular breathing pattern
- Very slow breathing, shallow breathing, or stopped breathing
- Gasping for air
- Limp body
- Pale or clammy skin
- Blue, purple, or gray lips or fingernails
- Deep snoring or gurgling noises
- Unresponsive to pain
- Eyes have very tiny pupils

If someone is experiencing an opioid overdose:

- **Call 911 immediately**
- **Give them naloxone**

Turn the page for instructions on naloxone use.

How do I decrease my risk of an overdose?

- Take your opioid as prescribed, and do not take in higher doses or more often.
- Do not take other medicines that cause sleepiness, like benzodiazepines, with opioids without talking to your doctor.
- Do not drink alcohol while taking opioids.

How can I prevent an accidental opioid overdose?

- Store your medication in a safe and secure place, out of reach of children or pets.
- Dispose of unused medications properly.
- Be aware of body tolerance changes.
- Never use drugs alone.
- Carry naloxone.

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Naloxone (Narcan®) Information for Patients

If someone is having an opioid overdose, remember to take **A.C.T.I.O.N.**

Arouse the person (using the 3 S's):



- Shout the person's name
- Shake their shoulders hard
- Sternal rub: rub their breastbone with your knuckles

Check for signs of overdose:



- Slowed or no breathing
- Blue or gray lips or fingernails
- Deep snoring or gurgling noises
- Unresponsive to pain
- Eyes have very tiny pupils

Telephone 911:



- Tell dispatch, "I think it's an overdose."

Intranasal naloxone:



- If the person isn't responding to you and they have signs of overdose, spray naloxone into their nose.

Oxygen:



- Follow the instructions from 911 dispatch and, if the person is not breathing, do rescue breaths:
 - Tilt their head back
 - Pinch their nose
 - Lift their chin
 - Put your mouth over theirs and give them one breath every 5 seconds or do CPR if you know how



Naloxone again:



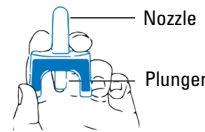
- Repeat naloxone every 2-3 minutes until the person starts to wake up. If it's safe for you to stay, stay with the person until help arrives.
- If you have to leave the person, or if they vomit, place them in the recovery position (pictured).



Instructions for naloxone intranasal spray



1. Peel open the packaging and remove the spray



2. Place the nozzle in their nose (inside either nostril)



3. Push on the plunger to spray

Naloxone will not work unless the whole dose is sprayed far enough inside the nose. Repeat naloxone in 2-3 minutes if the person does not respond after first dose.

What NOT to do during an overdose:

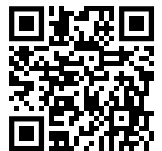
- No test spray needed
- Do not inject the person with anything
- Do not put the person in a bath or shower
- Do not give the person anything to drink
- Do not pour water over the person's face

Don't wait to call 911 for help!

Michigan law protects you from liability when giving naloxone and calling 911 for a person who is experiencing an overdose.

More information on naloxone

- Visit michigan-open.org/naloxone online or scan the QR code:



Training on naloxone use

- OverdoseACTION.org

Treatment for addiction and mental health support

SAMHSA National Helpline

- Free, confidential, 24/7, 365 day-a-year treatment referral and information service for anyone facing mental or substance use disorders. 1-800-662-HELP (4357)

Michigan opioid addiction resources

- Michigan.gov/opioids
- FindTreatment.gov