Patient Instructions for Intranasal Naloxone Administration

How to Avoid Overdose
- Only take medicine prescribed to you
- Don’t take more than instructed
- Call a doctor if your pain gets worse
- Never mix pain meds with alcohol
- Avoid sleeping pills when taking pain meds
- Dispose of unused medications
- Store your medicine in a secure place
- Learn how to use naloxone
- Teach your family and friends how to respond to an overdose

Are they breathing? Call 911 for help
Signs of an overdose:
- Slow or shallow breathing
- Gasping for air when sleeping or weird snoring
- Pale or bluish skin
- Slow heartbeat, low blood pressure
- Won’t wake up or respond (rub knuckles on sternum)

Airway
Make sure nothing is inside the person’s mouth.

Rescue breathing
Oxygen saves lives. Breathe for them:
- One hand on chin, tilt head back, pinch nose closed.
- Make a seal over mouth & breathe in
- 1 breath every 5 seconds
- Chest should rise, not stomach

Prepare Naloxone
Are they any better? Can you get naloxone and prepare it quickly enough that they won’t go for too long without your breathing assistance?

1. Pull or pry off yellow cap
2. Pry off red cap
3. Grip clear plastic wings
4. Gently screw capsule of naloxone into barrel of tube
5. Insert white cone into nostril; give 2 short, vigorous puffs on end of capsule to spray naloxone into nose. One half of the capsule into each nostril.
6. If no reaction in 2 minutes, give the second dose.

Evaluate + support
- Continue rescue breathing
- Give another 2 sprays of naloxone in 3 minutes if no or minimal breathing or responsiveness
- Naloxone wears off in 30-90 minutes
- Comfort them; withdrawal can be unpleasant
- Get them medical care and help them not use more opioids right away
- Encourage survivors to seek treatment if they feel they have a problem

Source: PrescribetoPrevent.org