

What is an opioid overdose?

An overdose occurs when a person takes too many opioids, passes out and has no or very slow breathing (i.e., respiratory depression).

How to identify an opioid overdose:

- Heavy nodding, deep sleep, hard to wake up, or vomiting
- Slow or shallow breathing (less than 1 breath every 5 seconds), snoring, gurgling, or choking sounds
- Pale, blue or gray lips, fingernails, or skin
- Clammy, sweaty skin

To avoid an accidental opioid overdose:

Do not mix opioids with alcohol, benzodiazepines (Xanax, Ativan, Klonopin, Valium), or medicines that make you sleepy.

Now that you have naloxone —

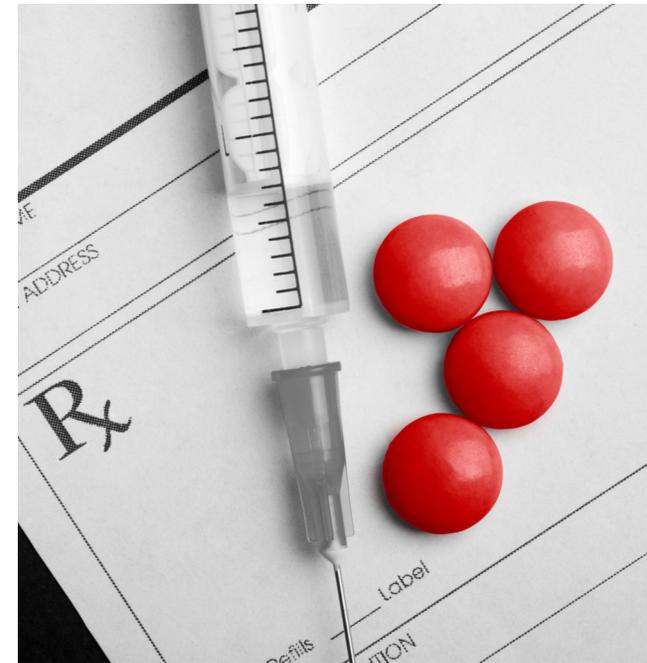
Let someone know where it is and how to use it.

Common opioids include:

GENERIC	BRAND NAME
Heroin	N/A
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®

Opioid Safety and Naloxone Use

For Patients and Caregivers



For more information, visit www.azhealth.gov/opioid

In case of overdose:

1

CALL 911 - Give naloxone

If no reaction in 3 minutes, give second naloxone dose if available

2

Rescue breathing or chest compressions

Follow 911 dispatcher instructions

3

After naloxone

Stay with person for at least 3 hours or until help arrives

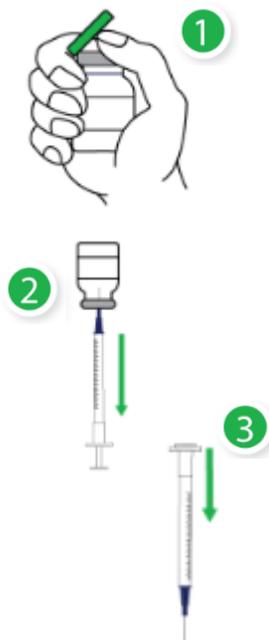
Injection

VIAL

1—Flip off the cap to reveal latex seal.

2—Turn vial upside down. Pull plunger to draw up liquid.

3—Inject into muscle. Press plunger all the way down to trigger safety. (retraction)



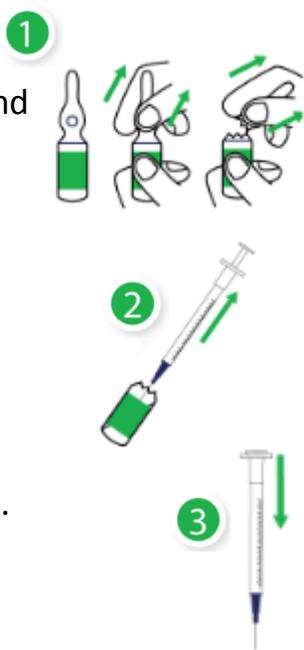
AMPULE

1—Tap ampule to send all liquid to the bottom.

Push top away from you to snap open the ampoule.

2—Pull plunger to draw up liquid.

3—Inject into muscle. Press plunger all the way down to trigger safety. (retraction)



Nasal spray

1—Remove naloxone nasal spray from the box.

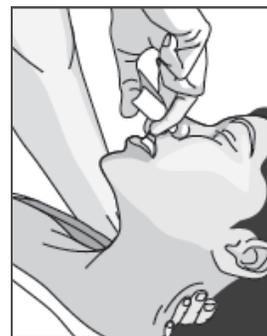
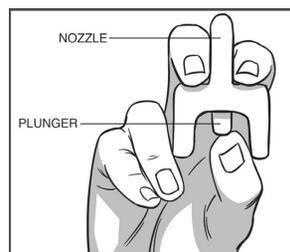
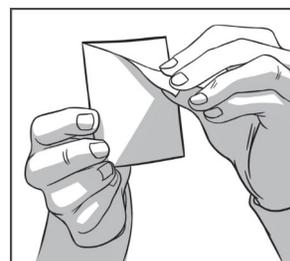
2—Peel back the tab with the circle to open the naloxone nasal spray.

3—Hold the naloxone nasal spray with your thumb on the bottom of the plunger and your first and middle fingers on either side of the nozzle.

4—DO NOT PRIME OR TEST THE SPRAY DEVICE. 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.

5—Press the plunger firmly to give the dose. Remove the spray device from the nostril.

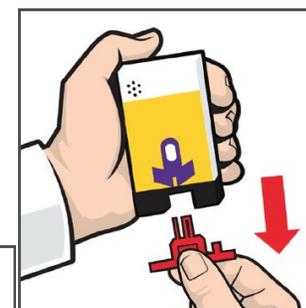
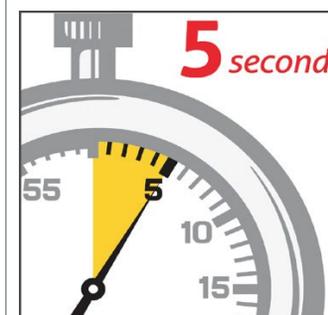
6—If no reaction in 2-3 minutes or if person stops breathing again, give the second dose of naloxone in the OTHER nostril using a NEW spray device.



Auto-injector

1—Pull the auto-injector from the outer case.

2—Pull firmly to remove the red safety guard (do not touch the black base).



3—Place the black end against the middle of the outer thigh, through clothing if necessary, then press firmly and hold in place for 5 seconds.

4—If no reaction in 2-3 minutes or if the person stops breathing again, give the second dose of naloxone using NEW auto-injector.