



What is an opioid overdose?

Opioid overdose occurs when a person takes a larger dosage of opioids that their body can handle, and breathing slows or stops as a result.

Preventing an accidental overdose:

- Ask your pharmacist or doctor about naloxone.
- Try not to mix opioids with alcohol, benzodiazepines (Xanax, Ativan, Klonopin, Valium), or medicines that make you sleepy.
- Be careful if you miss or change doses, feel ill, or start new medications.
- Carry an overdose rescue kit, and learn how to administer naloxone (instructions on back of page)

For assistance with addiction, call 211 at any time to be connected with local resources or refer to the following website: www.sandiegosafeprescribing.com.

See full naloxone training video at: <http://adaptpharma.com/news-events/press-kit/>

What are opioids?

Opioids are prescription pain relievers. When misused opioids can lead to overdose and death.

Common opioids include:

GENERIC	BRAND NAME
Fentanyl	Duragesic, Actiq
Hydrocodone	Vicodin, Lorcet, Lortab, Norco, Zohydro
Oxycodone	Percocet, OxyContin, Roxi-codone, Percodan
Morphine	MSContin, Kadian, Embeda, Avinza
Codeine	Tylenol with Codeine, Tyco, Tylenol #3
Hydromorphone	Dilaudid
Oxymorphone	Opana
Meperidine	Demerol
Methadone	Dolophine, Methadose
Buprenorphine	Bunavail, Butrans, Suboxone, Subutex, Zubsolv, Probuphine

Adapted from the San Francisco Department of Public Health

HOW TO USE NALOXONE AND PREVENT OVERDOSE



A GUIDE FOR PATIENTS AND CAREGIVERS

How to identify an opioid overdose:

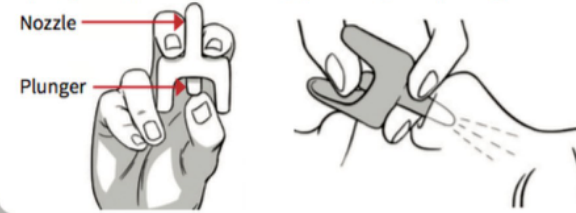
- The person won't wake up even if you shake them or say their name.
- Breathing slows or even stops.
- Lips and fingernails turn blue or grey
- Skin gets pale, clammy

How to give naloxone:

There are 3 ways to give naloxone. Follow the instructions for the type you have.

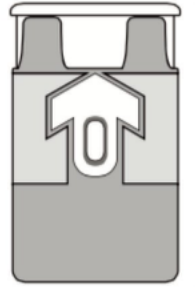
Nasal spray

This nasal spray needs no assembly and can be sprayed up one nostril by pushing the plunger.



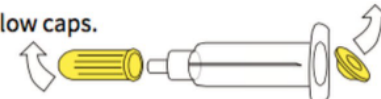
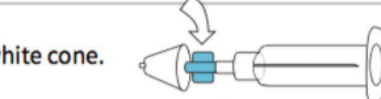

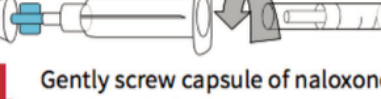

Auto-injector

The naloxone auto-injector needs no assembly and can be injected into the outer thigh, even through clothing. It contains a speaker that provides step-by-step instructions.




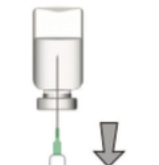
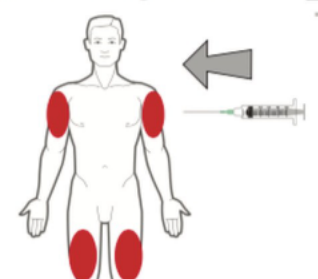
Nasal spray with assembly

This requires assembly. Follow the instructions below.

- 1** Take off yellow caps. 
- 2** Screw on white cone. 
- 3** Take purple cap off capsule of naloxone. 
- 4** Gently screw capsule of naloxone into barrel of syringe. 
- 5** Insert white cone into nostril; give a short, strong push on end of capsule to spray naloxone into nose: **ONE HALF OF THE CAPSULE INTO EACH NOSTRIL.** 
Push to spray.
- 6** If no reaction in 3 minutes, give second dose.

Injectable naloxone

This requires assembly. Follow the instructions below.

- 1** Remove cap from naloxone vial and uncover the needle. 
- 2** Insert needle through rubber plug with vial upside down. Pull back on plunger and take up 1 ml. 
fill to 1 ml
- 3** Inject 1 ml of naloxone into an upper arm or thigh muscle. 
- 4** If no reaction in 3 minutes, give second dose.

In case of overdose:

1. Call 911 and give naloxone

- California law* protects you - don't be afraid to call for help!
- If no reaction in 3 minutes, give a second dose of naloxone.

2. Do rescue breathing or chest compressions.

- Follow 911 dispatcher instructions

3. After naloxone

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

*California law AB472, California's 911 Good Samaritan Law