

Naloxone for Opioid Overdose

Fact Sheet for Patients and Families

An opioid overdose can kill. **Naloxone** (Narcan) is a medicine given to reverse an opioid overdose. Opioids have many names, and can include: **hydrocodone** (Vicodin, Lortab, Norco), **oxycodone** (Oxycontin, Percocet), **tramadol**, **morphine**, **methadone**, **codeine**, (Tylenol #3), **oxymorphone**, **fentanyl** (Duragesic), **buprenorphine** (Subutex), **heroin**, **pink**

Naloxone [nal-OX-ohn] can be given by any bystander. If you or someone you care for uses opioids, get naloxone. It could save a life.

Signs of an opioid overdose

- Doesn't respond to their name or to touch
- No breathing or very slow breathing
- Lips or fingernails have a purple or blue color
- Pupils are very small

Not sure if it's an overdose? Give naloxone anyway. Naloxone is safe for all — including children, pregnant women, and pets.

What to do now

- ☐ **Get naloxone.** You can get it at an Intermountain Health pharmacy and some others.
- ☐ **Read the instructions** so you will know how to give it.
- ☐ **Share the instructions** with people close to you. Show them where you will keep the naloxone.

What to do when you think someone is having an overdose

① **Call 911.** Try to wake the person by yelling, rubbing knuckles on their chest, or pinching them.

② **Do rescue breathing.** The 911 dispatcher will help. If you can't do this, go to step 3.



Roll the person on their back



Tilt head back, lift chin and pinch nose

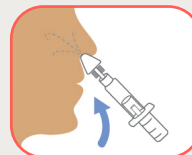


Give 2 quick breaths then 1 slow every 5 seconds

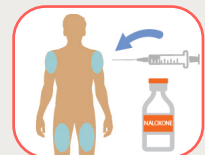


Be sure the chest goes up when you breathe

③ **Give naloxone.** It can be given as a nose spray or as a shot. Follow the instructions on the package. If the person does not respond in 2 to 3 minutes, give a second dose.



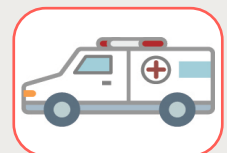
OR



④ **Prevent choking.** Roll the person on their side.



⑤ **Don't leave the person.** Stay calm until help arrives.



Naloxone for Opioid Overdose, Continued

What are opioids?

Opioids are powerful medicines that a healthcare provider can prescribe to help manage severe pain. Opioids are also sold illegally on the street. Other names for opioids are **opiates** or **narcotics**.

How do I prevent an overdose?

Prevent an overdose in yourself:

- **Only take the smallest amount of medicine needed to control your pain.** If the amount prescribed is not enough, contact your doctor.
- **Never take recreational drugs**, or any prescription medicine that was not prescribed for you. You could have a reaction that could kill you.
- **Ask your healthcare provider or pharmacist** if it's safe to take opioids with your other medicines.

Prevent an overdose in others:

- **Never share pain medicine** with anyone, even if that person has pain. Sharing opioid medicine is not only dangerous — it's illegal.
- **Lock up your medicine where it's safe.** Don't keep it in places where anyone can find it. Make sure children and pets can't get to it.
- **Take any leftover medicine to a drug collection site**, such as an Intermountain Health Community Pharmacy. Or, check the FDA's website for a [list of collection sites](#). Unused pills can tempt others, which can lead to misuse.

Who is at risk for overdose or death?

People most at risk for overdose or death are those who take:

- High doses of opioid medicine
- Methadone, long-acting opioids, opioids for chronic pain management, or take several different opioids on a rotating schedule
- More than one prescription opioid medicine, or mix opioids with alcohol, anti-anxiety medicines, or antidepressants

- More opioids than prescribed or use many different pharmacies to fill their prescriptions
- Opioids for non-medical reasons

Or those who:

- Use heroin or other street drugs
- Have overdosed on opioids before
- Use prescription opioid medicines and:
 - Smoke or have breathing problems
 - Have obstructive sleep apnea
 - Have kidney, heart, or liver disease
 - Do not live close to a hospital
 - Are over 65
 - Have dementia or Alzheimer's disease

Where can I get help?

If you or someone you know needs help with treatment, addiction, or other local services:

- Call 211, or
- Visit findtreatment.gov