

# Naloxone (NARCAN®) Nasal Spray



Naloxone (Narcan®) is a drug that can reverse overdoses from heroin or prescription opioids such as oxycodone, hydrocodone, methadone, morphine, and fentanyl. There is no potential for abuse and side effects are rare; however, a person may experience abrupt withdrawal symptoms and may become aggressive or agitated.

Before administering naloxone call 911. Naloxone may work immediately or may take up to five minutes. The effects of naloxone can last 30-90 minutes, so more than one dose may be needed.

## REMEMBER, NALOXONE WORKS FOR OPIOIDS ONLY!

NARCAN® Nasal Spray 4mg may be distributed to 1) a person at risk of experiencing an opioid-related overdose or 2) a family member, friend, or other person(s) in a position to assist a person at risk of experiencing an opioid-related overdose.

NARCAN® Nasal Spray may be given every 2 to 3 minutes, if available. **Important Note: This spray is for use in the nose only.**

- Do not remove or test the NARCAN® Nasal Spray until ready to use.
- Each NARCAN® Nasal Spray has 1 dose and cannot be reused.
- You do not need to prime NARCAN® Nasal Spray.
- Store NARCAN® Nasal Spray at room temperature between 59°F to 77°F (15°C to 25°C) and keep away from direct light.

## Signs of an Overdose:

- Very limp body and very pale face
- Blue lips or blue fingertips
- No response when you yell his/her name or rub hard in the middle of their chest (sternal rub)
- Slowed breathing (less than 1 breath every 5 seconds) or no breathing
- Making choking sounds or a gurgling, snoring noise

## Opioid Overdose Risk Factors:

- Taking high doses of opioids for long-term management of chronic pain.
- Having a history of substance abuse or a previous non-fatal overdose.
- Having lowered opioid tolerance as a result of completing a detoxification program or recently being released from prison or jail.
- Using a combination of opioids and other drugs such as alcohol or benzodiazepines (Klonopin, Valium, Xanax).
- Being unfamiliar with the strength and dosage of prescription opioids and the purity of street drugs like heroin.
- Being alone when using street or pharmaceutical drugs.
- Smoking cigarettes or have a respiratory illness, kidney or liver disease, cardiac illness, or HIV/AIDS.



# Written Instructions for Administering Naloxone (NARCAN®) Nasal Spray

## What To Do During an Overdose:

**1. Call 911.**

**2. Try to wake the person. Yell the person's name and rub hard in the middle of their chest (sternal rub).**

**3. Check for breathing and pulse.**

**4. If the person is not breathing, begin rescue breathing.**

- a. Tilt his/her head back, lift chin and pinch nose shut.
- b. Give one breath every 5-6 seconds for an adult and every 3-5 seconds for a child or infant. Each rescue breathe should last the length of one second and chest rise should be visible.
- c. Continue until the person begins breathing.

**5. Administer naloxone.**

- a. Lay the person on their back.
- b. Remove NARCAN® Nasal Spray from the box.
- c. Peel back the tab with the circle to open the NARCAN® Nasal Spray.
- d. Hold the NARCAN® Nasal Spray with your thumb on the bottom of the plunger and your first and middle fingers on either side of the nozzle.
- e. Tilt the person's head back and provide support under their neck with your hand.
- f. 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.
- g. Press the plunger firmly to give the dose of NARCAN® Nasal Spray.
- h. Remove the NARCAN® Nasal Spray from the nostril after giving the dose.
- i. Prevent choking. Put the person on his/her side.
- j. Repeat administration if the person does not respond in 2 to 3 minutes.

**6. Don't leave. Stay until an ambulance arrives.**

- a. If you call 911 and stay with the person experiencing the overdose until help arrives, you are protected from legal charges under Utah's Good Samaritan Law. You are also protected from any adverse reactions that may occur by administering naloxone because you are trying to save a life. However, you must remain at the scene and comply with medical providers and law enforcement.
- b. The important thing is that you can -- and should -- act to help save a life by giving naloxone if a patient needs it.

**7. Put the used NARCAN® Nasal Spray back into its box and discard.**