

VA



U.S. Department
of Veterans Affairs

Opioid Overdose Rescue

with Naloxone Nasal Spray (4 mg)

Patient Guide

 VA Academic
Detailing Service

Real Provider Resources
Real Patient Results

VA PBM Academic Detailing Service

Real Provider Resources

Real Patient Results

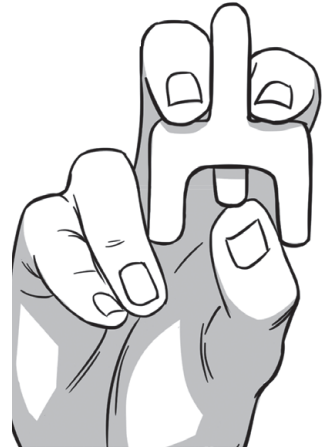
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www.va.gov

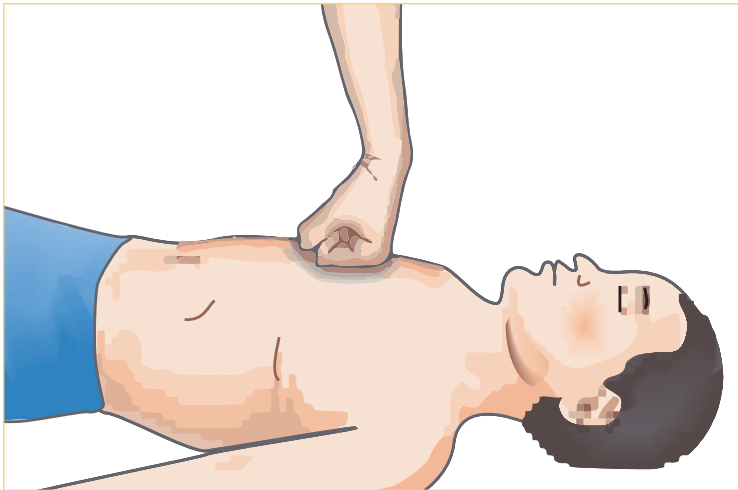
Medication Instructions

- Keep two naloxone nasal sprays with you at all times.
- Store naloxone nasal sprays at room temperature (59° to 77° F), away from light. Avoid extremes of heat or cold (e.g., do not freeze nasal spray).
- If you use a naloxone nasal spray or your naloxone nasal sprays expire, contact your provider as soon as possible for a replacement. Naloxone nasal sprays should be replaced before the expiration date on the box.
- Throw away (dispose of) any used naloxone nasal spray device in a place that is away from children.
- Each nasal spray contains one dose and cannot be reused.



1 ● Check for a Response

Give person a light shake, say person's name, firmly rub person's sternum (*i.e., bone in center of chest where ribs connect*) with knuckles, hand in a fist.



**If person
does not respond**
*(i.e., wake up
and stay awake)*

—
**Give Naloxone
and Call 911**

2. Give Naloxone—Call 911

- Spray naloxone nasal spray into one nostril (*see page 8 for detailed instructions*).
- When calling 911, give the address and say the person is not breathing.

How to Give Naloxone

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 entire dose of naloxone nasal spray. Remove the naloxone nasal spray from the nostril after giving the dose.



3. Airway Open

Make sure nothing is in the person's mouth.

- If overdose is witnessed (*i.e., you see the person stop breathing*)...



Rescue Breathing

1. Place face shield (*optional*)
2. Tilt head back, lift chin, pinch nose
3. Give 1 breath every 5 seconds
4. Chest should rise

- If collapse is unwitnessed (*i.e., you find someone not breathing*)

Chest Compressions

1. Place heel of one hand over center of person's chest (*between nipples*)
2. Place other hand on top of first hand, keeping elbows straight with shoulders directly above hands
3. Use body weight to push straight down, at least 2 inches, at rate of 100 compressions per minute
4. Place face shield (*optional*)
5. Give 2 breaths for every 30 compressions



4. Consider Naloxone Again

Two situations in which to consider naloxone again:

- ① If person doesn't start breathing in **2–3 minutes** give second dose of naloxone
- ② If person starts breathing after first dose, **because naloxone wears off in 30 to 90 minutes**, a second dose may be needed if person stops breathing again
 - Be sure to stay with person until emergency medical staff take over or for at least 90 minutes to make sure person doesn't stop breathing again

5. Recovery Position

If the person is breathing but unresponsive, put the person on his/her side to prevent choking if person vomits



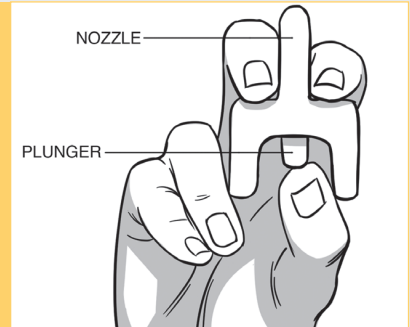
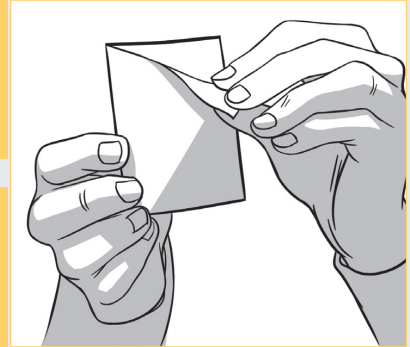
How to use Naloxone Nasal Spray*

*This guide is not meant to replace the nasal spray instructions. Please review the instructions included with your 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 entire dose of naloxone nasal spray. Remove the naloxone nasal spray from the nostril *after* giving the dose.

⑥ If no reaction in 2–3 **minutes** or if the person stops breathing again, give the second dose of naloxone in the *other nostril* using a *new* naloxone nasal spray.

CUT LINE

Resources

Consider seeking long-term help at your local VA Substance Use Disorder Treatment Program:



VA Substance Use Disorder Treatment Program Locator:
www2.va.gov/directory/guide/SUD.asp

- Local Emergency Services: 911
- National Poison Hotline: 1-800-222-1222
- Veterans Crisis Line: 1-800-273-TALK (8255), or text – 838255

Buddies take care of Buddies.

Share this card with
a friend or family member.



www.mentalhealth.va.gov/substanceabuse.asp

(Adapted from the Harm Reduction Coalition, Oakland, CA)

Created: July 2016

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Veterans Health Administration
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July 2016

IB 10-926, P96808