

Naloxone (Narcan®)

What is Naloxone?

A medication that temporarily reverses opioid overdose and can save lives

Signs of Opioid Overdose

- Not moving and cannot be woken
- Slow or no breathing
- Blue lips and nails
- Tiny pupils
- Cold or clammy skin

Naloxone Should be Readily Available for Those Who:

- Take an opioid, but especially those taking high opioid doses greater than or equal to 50 morphine milligram equivalents (MME)
- Are being rotated from one opioid to another (due to risk of incomplete tolerance)
- Smoke or have a respiratory illness (COPD, sleep apnea, asthma)
- Have heart, hepatic or renal disease, or HIV
- Use alcohol, benzodiazepines, sedatives or antidepressants
- Have a history of opioid intoxication or overdose
- Live in a remote location
- Take methadone or buprenorphine for opioid use disorder
- Have a suspected history of substance use or nonmedical opioid use

STEPS TO TAKE IN THE EVENT OF OPIOID OVERDOSE



1. Call for help (dial 911).

Emergency help should be requested immediately, even if the patient wakes up.



2. Check for signs of opioid overdose.



3. Give naloxone (no prescription needed) and monitor response.

If using the nasal spray, the patient should lie on their back. The patient's head should be tilted back gently, and the tip of the nozzle inserted into one nostril. Then, press the plunger firmly, spraying the naloxone into the nostril.



4. To prevent aspiration, the patient should be positioned on their side after naloxone is given.



5. Patients may become agitated, combative or vomit after naloxone is given.

Maximum Dose

- Currently, there is no well-established maximum dose.
- Product labeling indicates dosing of one spray (one dose equals 4 mg per spray), administering repeat doses as necessary.
 - Typically, patients respond to the first dose, but some may need additional doses.
 - Second doses are often supplied as backup.
 - Additional doses may be required when emergency help is delayed and the initial naloxone dose wears off.

After Administration

- Naloxone works for 30-90 minutes, which is a shorter duration than most opioids.
- Dosing can be repeated every three to five minutes if symptoms return or the patient does not respond and emergency help has not arrived.
- Naloxone may precipitate withdrawal in opioid-dependent individuals.

Side Effects

- Opioid withdrawal symptoms (not life-threatening) should be expected and include: sweating, goose bumps, achiness, shivering, GI symptoms and/or irritability.
- Most patients experience mild symptoms.
- The medication is not dangerous if given to someone not suffering an opioid overdose.

Storage

- Patients should carry naloxone products with them or inform those they live with where it is kept.
- If stored properly at room temperature and away from light, naloxone products should be effective until the manufacturer expiration date. Typically, the shelf life is 12-18 months.

Overdose Lifeline Naloxone Access Points

Through a partnership with Overdose Lifeline, Eskenazi Health has naloxone access points available at many Eskenazi Health locations. The naloxone is free and conveniently accessible. To find a location near you, please visit www.overdoselifeline.org/naloxone-indiana-distribution or use a smartphone camera to scan the QR code.



Resources for Addiction Treatment and Referrals

Sandra Eskenazi Mental Health Center Adult Addiction Services and Caring Recovery Opioid Treatment Program
317.880.8491
www.eskenazihealth.edu/mental-health/addiction-services



Sandra Eskenazi Mental Health Care for Recovery at Eskenazi Health Center
317.880.8787
www.eskenazihealth.edu/mental-health/mental-health-care-within-eskenazi-health-center



Recovery Assist Platform

recoveryassistplatform.com

The Referral, Assessment and Plan (RAP) Project is a partnership between the Marion County Public Health Department and many community organizations to align providers that serve persons with substance use disorder (SUD) and their families in Marion County and the surrounding areas.



Sources:

Naloxone for Opioid Overdose (FAQs). Pharmacist's Letter Online. Therapeutic Research Center, Stockton, CA. <http://www.pharmacistsletter.com/>. Accessed July 8, 2020.
Naloxone. Lexicomp Online®, Pediatric & Neonatal Lexi-Drugs Online®, Hudson, Ohio: Lexi-Comp, Inc.; accessed July 8, 2020.
Product information Narcan nasal spray. Adapt Pharma. Radnor, PA 19087. February 2017.