What is an opioid overdose?

Opioids can cause bad reactions that make your breathing slow or even stop. This can happen if your body can’t handle the opioids that you take that day.

Common opioids include:

<table>
<thead>
<tr>
<th>GENERIC</th>
<th>BRAND NAME</th>
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<tbody>
<tr>
<td>Hydrocodone</td>
<td>Vicodin, Lorcet, Lortab, Norco, Zoloft</td>
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<tr>
<td>Oxycodone</td>
<td>Percocet, OxyContin, Roxicodone, Percodan</td>
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<tr>
<td>Morphine</td>
<td>Mepetidine, Kadian, Embeda, Avinza</td>
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<tr>
<td>Codeine</td>
<td>Tylenol with Codeine, Tyco, Tylenol #3</td>
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<tr>
<td>Fentanyl</td>
<td>Duragesic, Actiq</td>
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<tr>
<td>Hydromorphone</td>
<td>Dilaudid</td>
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<tr>
<td>Oxymorphone</td>
<td>Opana</td>
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<tr>
<td>Meperidone</td>
<td>Demerol</td>
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<tr>
<td>Methadone</td>
<td>Dolophine, Methadose</td>
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<tr>
<td>Buprenorphine</td>
<td>Suboxone, Subutex, Zubsof, Bunavil, Butrans</td>
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</table>

* Heroin is also an opioid.

To avoid an accidental opioid overdose:

- Try not to mix your opioids with alcohol, benzodiazepines (Xanax, Ativan, Klonopin, Valium), or medicines that make you sleepy.
- Be extra careful if you miss or change doses, feel ill, or start new medications.

Now that you have naloxone...

Tell someone where it is and how to use it.

For patient education, videos and additional materials, please visit www.prescribetoprevent.org

(619) 380-0678

Source: SAN FRANCISCO DEPARTMENT OF PUBLIC HEALTH

FAMILY HEALTH CENTERS OF SAN DIEGO
In case of overdose:

1. Check responsiveness
   Look for any of the following:
   - No response even if you shake them or say their name
   - Breathing slows or stops
   - Lips and fingernails turn blue or gray
   - Skin gets pale or clammy

2. Call 911 and give naloxone
   If no reaction in 3 minutes, give second naloxone dose

3. Do rescue breathing and/or chest compressions
   Follow 911 dispatcher instructions

   ➤ STAY WITH PERSON UNTIL HELP ARRIVES.

How to give naloxone:
There are 4 common naloxone products. 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.
6. Push to spray.
7. 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.
3. Inject 1 ml of naloxone into an upper arm or thigh muscle.
4. If no reaction in 3 minutes, give second dose.