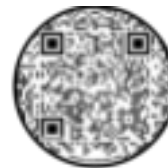


# Preventing Accidental Overdose

## Guide to Your Take-Home Naloxone Kit

Your hospital team cares about you and your unborn or new baby. **The naloxone kit you are taking home today can be used to reverse an accidental opioid overdose.** Although we hope you never have to use it, naloxone can save your life and that of your unborn or new baby.



For videos on how to use naloxone, scan this QR code or visit

## What is an opioid overdose?

[naloxoneproject.com](http://naloxoneproject.com)

Most opioid overdoses are accidental. Because these drugs interfere with breathing and brain functioning, pregnant or postpartum women who overdose become sleepy or comatose, and breathing slows or eventually stops completely. **When the brain and body can't get enough oxygen, injury and death to both the mom and fetus may follow.** An overdose can happen minutes or hours after using opioids. Although it is impossible to predict who will overdose, taking opioids—even in low doses—can put a person at risk.

## What are the signs of an overdose?

Pregnant or postpartum people with opioid poisoning may look as if they're sleeping. **REMEMBER: IT IS NEVER SAFE TO LET A PERSON WHO MIGHT BE OVERDOSING "SLEEP IT OFF."**





## What is naloxone, and who should have it?

Naloxone, also known by the brand name Narcan, is the antidote for an opioid overdose. The drug temporarily reverses the effects of opioids on the brain. **Giving naloxone to a pregnant or postpartum person who has overdosed can be lifesaving.** The antidote will often restore a person's ability to breathe and awaken them from an unconscious, coma-like state. Naloxone is a safe, nonaddictive medication that has been used for decades to reverse overdose and is **safe for both mom and baby.**

## How do I use my naloxone kit?

The kit we have given you today includes naloxone nasal spray and directions for use. Although your hospital team may have shown you how to assemble the kit, we encourage you to review the steps outlined here and watch the instructional videos on the [Colorado Naloxone Project](https://www.coloradonaloxoneproject.org) website or [ERnaloxone.org](https://www.ERnaloxone.org). Anyone who is at risk of overdose, or knows someone who is, should carry naloxone and understand how to use it. **Please share these directions with your friends and family, and make sure they know where your naloxone kit is stored.**

## Can my friends and family members get naloxone, too?

Yes! Naloxone is available without a prescription at more than 500 Colorado pharmacies. Many different formulations of the medication are now available, but Narcan nasal spray may be easiest to use. You can find participating pharmacies at [stoptheclockcolorado.org](https://www.stoptheclockcolorado.org) or [ERnaloxone.org](https://www.ERnaloxone.org). **Medicaid, Medicare, and most private insurers cover the full cost of naloxone or charge only a small copay.** If you care about someone who is at risk of overdose, remind them that it is easy to get naloxone in Colorado.

## What should I do if I think someone is overdosing?

One: If you have naloxone, give it!

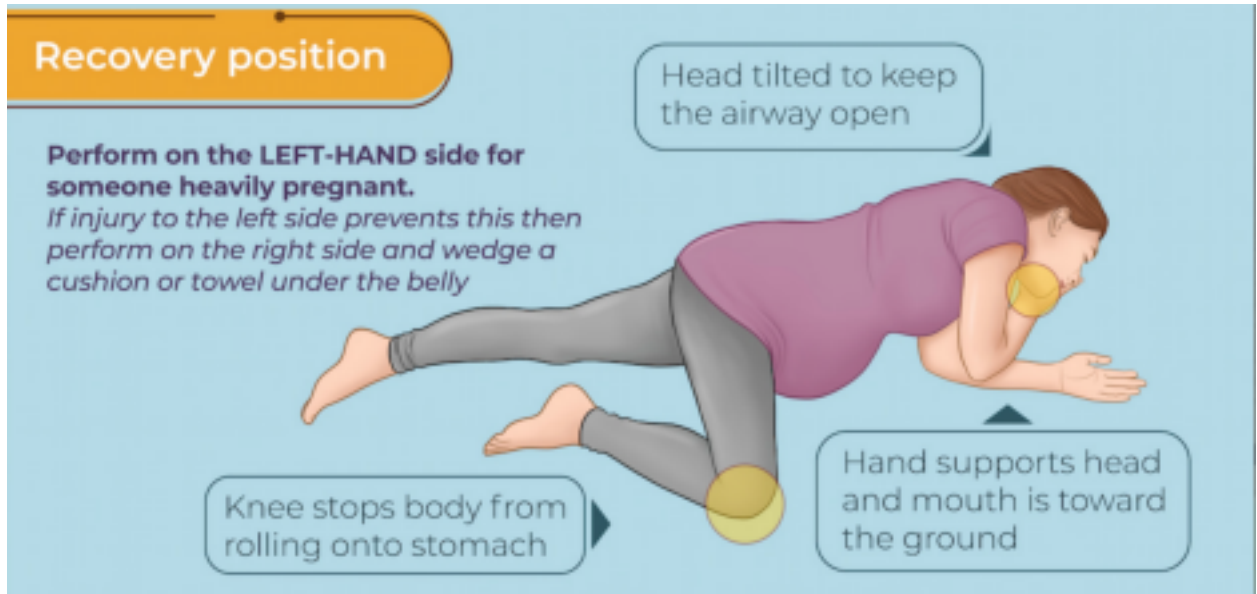
Try to wake the person by shouting their name and shaking them. If someone is with you, they can call 911 while you prepare to administer naloxone. **Naloxone is only effective for reversing opioid overdoses.** However, if you are unsure of the substance(s) or illness involved, it's still wise to give naloxone. Many overdoses involve multiple drugs. Naloxone will not cause any harm in the case of a nonopioid overdose or other medical problem. If the first dose of naloxone doesn't bring back breathing and alertness within a few minutes, give a second dose. For videos on how to give naloxone, visit the [Colorado Naloxone Project](https://www.coloradonaloxoneproject.org) website or [ERnaloxone.org](https://www.ERnaloxone.org).

Two: Call 911.

Call 911, even if the person begins to wake up, and follow the operator's instructions. **You may be instructed to perform CPR or rescue breathing** if the person remains unconscious.



Three: Stay with the person.



The person should be placed in the recovery position once they have begun breathing on their own. Even after waking up, some patients may not realize that they have overdosed.

Calmly explain what happened and stay with the person until emergency medical help arrives. When revived, some victims may be agitated and suffering from withdrawal symptoms. It is important to know that naloxone wears off within 30 to 90 minutes, and victims can slip back into overdose.

**Always seek help in the emergency department, even if the patient appears to be feeling better.**

Four: After an overdose

The time following an overdose may present an opportunity to consider treatment. Your emergency department team can connect you with people who can help. Visit [drugfree.org](http://drugfree.org) for more information.



## How do I administer naloxone nasal spray?

### **NARCAN<sup>®</sup>** (naloxone HCl) **NASAL SPRAY**

### **QUICK START GUIDE** Opioid Overdose Response Instructions

Use NARCAN<sup>®</sup> (naloxone hydrochloride) Nasal Spray for known or suspected opioid overdose in adults and children.

**Important:** For use in the nose only.

Do not remove or test the NARCAN Nasal Spray until ready to use.

#### **1** Identify Opioid Overdose and Check for Response

**Ask** person if he or she is okay and shout name.

**Shake** shoulders and firmly rub the middle of their chest.

**Check for signs of an opioid overdose:**

- Will not wake up or respond to your voice or touch
  - Breathing is very slow, irregular, or has stopped
  - Center part of their eye is very small, sometimes called "pinpoint pupils"
- Lay the person on their back to receive a dose of NARCAN Nasal Spray.**



#### **2** Give NARCAN Nasal Spray

**REMOVE** NARCAN Nasal Spray from the box.  
Peel back the tab with the circle to open the NARCAN Nasal Spray.

**Hold** the NARCAN Nasal Spray with your thumb on the bottom of the red plunger and your first and middle fingers on either side of the nozzle.

**Gently insert the tip of the nozzle into either nostril.**

- 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.

**Press the red plunger firmly** to give the dose of NARCAN Nasal Spray.  
• Remove the NARCAN Nasal Spray from the nostril after giving the dose.



#### **3** Call for emergency medical help, Evaluate, and Support

**Get emergency medical help right away.**

**Move the person on their side (recovery position)** after giving NARCAN Nasal Spray.

**Watch the person closely.**

**If the person does not respond** by waking up, to voice or touch, or breathing normally another dose may be given. NARCAN Nasal Spray may be dosed every 2 to 3 minutes, if available.

**Repeat Step 2 using a new NARCAN Nasal Spray to give another dose in the other nostril.** If additional NARCAN Nasal Sprays are available, repeat step 2 every 2 to 3 minutes until the person responds or emergency medical help is received.



For more information about NARCAN Nasal Spray, go to [www.narcan.com](http://www.narcan.com), or call 1-844-4NARCAN (1-844-462-7236). You are encouraged to report negative side effects of prescription drugs to the FDA. Visit [www.fda.gov/medwatch](http://www.fda.gov/medwatch), or call 1-800-FDA-1088.

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## For More Information About Naloxone and Opioid Overdose

Opioid use disorder is a chronic yet treatable disease. The number of pregnant patients experiencing opioid use disorder has more than quadrupled in the past 20 years. Medication-assisted treatment with buprenorphine, methadone, or naltrexone can help by stabilizing the brain's chemistry. Abstinence and detox do not work and can increase the risk of overdose. More than 95% of those who try to stop using opioids on their own will fail.

If you would like more information about naloxone and opioid safety, please visit the [Colorado Naloxone Project](#) website or [ERnaloxone.org](#). In addition, [OpiRescue](#) is a free smartphone application that can direct you to nearby pharmacies that stock naloxone; it can also guide you through a naloxone rescue in the event of an overdose.

## For Help Finding Treatment

If you or someone you care about would like help for opioid use disorder, we encourage you to call the Substance Abuse and Mental Health Services Administration (SAMHSA) national helpline:

**1-800-662-HELP (4357)**. This free, confidential service provides 24-hour-a-day, 365-day-a-year support for individuals and families struggling with substance use disorder. **Pregnant and postpartum patients are prioritized when accessing treatment**