

Patient Education: Narcan[®] for Overdose

How to Avoid Overdose:

- Only take medicine prescribed to you
- Don't take more than instructed
- Never mix pain meds with alcohol
- Avoid sleeping pills when taking pain medicine
- Dispose of unused medicine
- Store your medicine in a secure place

Treating an Overdose:

Check - Are they breathing?  Call 911 for help!

Signs of an overdose:

- Slow, shallow or no breathing
- Gasp for air or weird snoring
- Pale or bluish skin
- Slow heartbeat
- Pupils in person's eyes are very small
- Won't wake up or respond

Give Narcan[®] (naloxone) nasal spray if symptoms

- Lay the person on their back.
- Tilt their head back and support their neck with your hand.
- Use your other hand to gently insert the tip of the spray nozzle into one nostril.
- Firmly press the plunger to give the dose.
- Remove the spray nozzle and move the person onto their side.



Watch and Support

- If symptoms return or if the person is still not breathing well or responding after 3 minutes, give another dose of Narcan[®]. Use the other nostril for the second dose.
- Be ready to comfort the person if they have withdrawal. Symptoms may include:
 - body aches
 - fever
 - sweating
 - watery eyes
 - goose bumps
 - weakness
 - shivering
 - nervousness
 - nausea and vomiting
 - diarrhea
 - stomach cramps
 - fast heart beat