

# Patient Instructions for Intramuscular Naloxone Administration



## Are they breathing?

Signs of an overdose:

- Slow or shallow breathing
- Gasping for air when sleeping or weird snoring
- Pale or bluish skin
- Slow heartbeat, low blood pressure
- Won't wake up or respond (rub knuckles on sternum)



## Call 911 for help

All you have to say:

"Someone is unresponsive and not breathing."  
Give clear address and location.



## Airway

Make sure nothing is inside the person's mouth.



## Rescue breathing

Oxygen saves lives. Breathe for them.

One hand on chin, tilt head back, pinch nose closed.

Make a seal over mouth & breathe in

1 breath every 5 seconds

Chest should rise, not stomach



## Evaluate

Are they any better? Can you get naloxone and prepare it quickly enough that they won't go for too long without your breathing assistance?



## Prepare naloxone

- Remove cap from naloxone and uncover needle
- Insert needle through rubber plug, with bottle upside down
- Pull back on plunger and take up 1 cc into the syringe
- Don't worry about air bubbles (they aren't dangerous in muscle injections)



## Muscular injection

inject 1cc of naloxone into a big muscle (shoulder or thigh)



## Evaluate + support

- Continue rescue breathing
- Give another shot of naloxone in 3 minutes if no or minimal breathing or responsiveness
- Naloxone wears off in 30-90 minutes
- Comfort them; withdrawal can be unpleasant
- Get them medical care and help them not use more opiate right away
- Encourage survivors to seek treatment if they feel they have a problem

## How to Avoid Overdose

- Only take medicine prescribed to you
- Don't take more than instructed
  - Call a doctor if your pain gets worse
- Never mix pain meds with alcohol
- Avoid sleeping pills when taking pain meds
- Dispose of unused medications
- Store your medicine in a secure place
- Learn how to use naloxone
- Teach your family + friends how to respond to an overdose

For More Info  
[PrescribeToPrevent.com](http://PrescribeToPrevent.com)

Poison Center  
1-800-222-1222  
(free & anonymous)

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