

WHAT YOU NEED TO KNOW ABOUT: **NALOXONE AND OPIOIDS**



WHAT ARE OPIOIDS?

Opioids are powerful medicines that help you manage your pain. Common opioid pain medicines are Oxycontin®, Demerol®, and Percocet®. Check with your doctor to find out if you have an opioid prescription.

WHAT IS NALOXONE?

Naloxone is a safe, FDA-approved, legal medication that prevents overdose by opioids. Naloxone should be prescribed to anyone with an opioid prescription. It can be administered as an injection or nasal spray.

ADD NALOXONE TO YOUR FIRST AID KIT

Naloxone is prescribed along with opioid medication because even people who take their opioid prescription as instructed are at risk of an overdose. Factors that could cause you to need naloxone include:

- Patients on high-dose opioids (> 90 Morphine Milligram Equivalent Dose) for long-term management of chronic pain
- Concurrent use of opioids with benzodiazepines or other central nervous system depressants
- Lower tolerance due to recent detox/drug treatment or illness
- Not knowing what drugs one is consuming
- History of prior opioid emergencies (e.g. opioid poisoning/overdose/intoxication)

NALOXONE IS EFFECTIVE

Along with calling 911, administering naloxone is the most effective way to reverse the bad effects of an opioid overdose and CAN save a person's life. Cold showers, coffee, or other stimulants will NOT work.

HOW WILL I KNOW I NEED NALOXONE?

You and your loved ones should look for signs of bad effects of an opioid overdose. These include:

- Not breathing or slow/shallow breathing
- Unresponsive, unconscious
- Blue lips and/or nail beds
- Snoring, choking, or gurgling sounds
- Small, "pinpoint" pupils
- Pale or blue, cold, sweaty skin

ALWAYS CALL 911 IN AN EMERGENCY

Become familiar with and always follow all instructions to administer naloxone correctly.

For more information visit: <http://www.healthvermont.gov/RxAware>