

How to perform rescue breathing

Follow these steps for rescue breathing:

1. Place the person on their back.
2. Tilt their chin up to open the airway.
3. Check to see if there is anything in their mouth blocking airway, such as gum, toothpick, undissolved pills, syringe cap, cheeked Fentanyl patch (these things have ALL been found in the mouths of overdosing people!) If so, remove it.
4. Plug their nose with one hand and give two even, regular-sized breaths. Blow enough air into their lungs to make their chest rise. (Note: the stomach/abdomen should NOT rise.) If you don't see their chest rise out of the corner of your eye, tilt the head back more and make sure you're plugging their nose.
5. Breathe again. Give one breath every 5 seconds.

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

Common opioids include:

GENERIC	BRAND NAME
Hydrocodone	Vicodin, Lorcet, Lortab, Norco, Zohydro
Oxycodone	Percocet, OxyContin, Roxicodone, Percodan
Morphine	MSContin, Kadian, Embeda, Avinza
Codeine	Tylenol with Codeine, Tylenol #3
Fentanyl	Duragesic
Hydromorphone	Dilaudid
Oxymorphone	Opana
Meperidine	Demerol
Methadone	Dolophine, Methadose
Buprenorphine	Suboxone, Subutex, Zubsolv, Bunavail, Butrans

Heroin is also an opioid

Don't mix drugs:

- Do not mix opioids with alcohol, benzodiazepines or medicines that make you sleepy.
- Take all drugs only as directed and dispose of unused medication.
- Tell your healthcare providers all meds you are taking.
- Follow your pharmacists advice on safe storage of naloxone.

You may be at increased risk of opioid overdose:

1. if you have not taken opioids for a period of time (reduced tolerance);
2. if you have health problems such as asthma, breathing problems, liver or kidney problems, or are HIV-positive;
3. if you have experienced a previous overdose.



Advancing Pharmacy Practice
in Kentucky Coalition

Overdose Recognition and Response Guide



A GUIDE FOR PATIENTS AND CAREGIVERS

Is it an overdose?

Look for these signs:

- Struggling to or not breathing
- Pinpoint pupils
- Blue/gray lips, nails
- Skin pale, clammy
- Extreme sleepiness / inability to awaken verbally or by sternal rub*



What do I do?

Don't panic! Try to wake the person by yelling their name and rubbing the middle of their chest with knuckles (sternal rub*)

1. **Call 9-1-1!**
2. **Begin Rescue breathing!** If breathing is stopped or very slow, begin rescue breathing.
3. **Administer naloxone!**
4. **Continue rescue breathing if slow / no breathing.**
5. **IF After 3-5 minutes** person is still unresponsive with slow / no breathing repeat steps 2-3.
6. **Roll person on side*** if breathing on own; continue to monitor breathing; begin rescue breathing again if required.
STAY with person until EMS arrives!

*Putting someone in the recovery position will keep their airway clear and open, and ensures that any vomit or fluid won't cause them to choke.



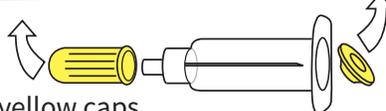
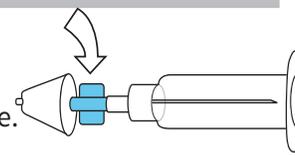
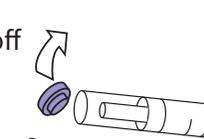
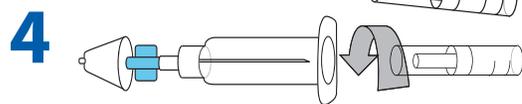
Knee prevents body from rolling on to stomach.

Hand should support head.

How to give naloxone:

There are 4 ways to give naloxone. Follow the instructions for the type you have.

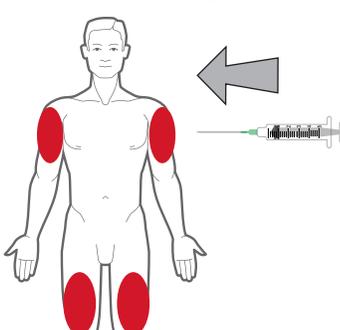
Nasal spray naloxone

- 1  Take off yellow caps.
- 2  Screw on white cone.
- 3  Take purple cap off
- 4  Gently screw cartridge of naloxone into barrel of syringe.
- 5  Insert white cone into nostril; **give a short, strong push** on end of cartridge to spray naloxone into nose:
ONE HALF OF THE CARTRIDGE INTO EACH NOSTRIL.
Push to spray.

Nasal spray naloxone (Narcan®)

- 1  Hold with thumb on bottom and first and middle fingers on either side of nozzle
- 2  Gently insert tip into either nostril
- 3  Press the plunger firmly

Injectable naloxone

- 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.
fill to 1 ml

Auto-injector (Evzio®)

The naloxone auto-injector is FDA approved for use by anyone in the community.

It contains a speaker that provides instructions to inject naloxone into the outer thigh, through clothing if needed.

For all forms of naloxone: If no reaction in 3 minutes, give second dose.