

Summary

Check for breathing, and try to wake the person. If that does not work:

- Call 9-1-1
- Give one full vial (bottle) of naloxone, followed by another dose if the person is not breathing within 3 minutes
- Stay with the person for one hour after giving naloxone to make sure they keep breathing

FAMILY MEDICINE

Naloxone (Narcan)

What it is, and how to use it.

If you use your naloxone kit, contact OHSU Family Medicine at Richmond for a refill.

OHSU Family Medicine at Richmond
3930 SE Division St.
Portland, OR 97202
503 418-3900
www.ohsu.edu/richmond



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What is naloxone?

- Also known as Narcan, naloxone works by stopping opioids and heroin from working
- Naloxone can be used to reverse an opioid overdose
- Naloxone will not work for overdose caused by alcohol, cocaine, methamphetamines, and drugs like Xanax or clonazepam
- If you are not sure what the person has taken, it is still safe to give naloxone

How to use naloxone

People who overdose on opioids stop breathing. Naloxone can help overdosed people to breathe again.

If you are not sure what the person has taken, it is still okay to use naloxone.

Naloxone will not hurt someone who has overdosed on something other than opioids.

Step 1: Is this an overdose?

Check for breathing and try to wake the person.

Step 2: Call 9-1-1

Naloxone works for a short time, and more help will be needed. It is also possible that Naloxone will not work for what the person has taken.



Step 3: Give naloxone

- Pull up the all of the contents of the bottle
- Inject the needle straight into the muscle. **The best places are the outside or front of the thigh, or the outside of the upper arm**
- If you know how, perform CPR
- If the person is not breathing again within 3 minutes, give another full dose of naloxone



What to expect

- Naloxone stops working after 30 – 45 minutes.
- Watch the person for at least one hour to make sure they do not stop breathing again.
- The person may have withdrawal symptoms when given naloxone, such as:
 - Irritability
 - Nausea
 - Sweating
 - Diarrhea

These symptoms will go away as the naloxone wears off.

Visit www.ohsu.edu/richmond to see videos on how to use naloxone, or for more information.