



ICSED Naloxone Pilot Project Preventing Accidental Overdose

Guide to Your Take-Home Naloxone Kit

Your hospital team cares about you and your unborn or new baby. **The naloxone kit you are taking home today can be used to reverse an accidental opioid overdose.** Although we hope you never have to use it, naloxone can save your life and that of your unborn or new baby.



For videos on how to use naloxone, scan this QR code or visit

naloxoneproject.com

What is an opioid overdose?

Most opioid overdoses are accidental. Because these drugs interfere with breathing and brain functioning, pregnant or postpartum women who overdose become sleepy or comatose, and breathing slows or eventually stops completely. **When the brain and body can't get enough oxygen, injury and death to both the mom and fetus may follow.** An overdose can happen minutes or hours after using opioids. Although it is impossible to predict who will overdose, taking opioids—even in low doses—can put a person at risk.

What are the signs of an overdose?

Pregnant or postpartum people with opioid poisoning may look as if they're sleeping. **REMEMBER: IT IS NEVER SAFE TO LET A PERSON WHO MIGHT BE OVERDOSING "SLEEP IT OFF."**





What is naloxone, and who should have it?

Naloxone, also known by the brand name Narcan, is the antidote for an opioid overdose. The drug temporarily reverses the effects of opioids on the brain. **Giving naloxone to a pregnant or postpartum person who has overdosed can be lifesaving.** The antidote will often restore a person's ability to breathe and awaken them from an unconscious, coma-like state. Naloxone is a safe, nonaddictive medication that has been used for decades to reverse overdose and is **safe for both mom and baby.**

How do I use my naloxone kit?

The kit we have given you today includes naloxone nasal spray and directions for use. Although your hospital team may have shown you how to assemble the kit, we encourage you to review the steps outlined here and watch the instructional videos on [ERNaloxone.org](https://www.ERNaloxone.org). Anyone who is at risk of overdose, or knows someone who is, should carry naloxone and understand how to use it. **Please share these directions with your friends and family, and make sure they know where your naloxone kit is stored.**

Can my friends and family members get naloxone, too?

Yes! Naloxone is available without a prescription at most Louisiana pharmacies. Many different formulations of the medication are now available, but Narcan nasal spray may be easiest to use. You can find participating pharmacies at [ERNaloxone.org](https://www.ERNaloxone.org). **Medicaid, Medicare, and most private insurers cover the full cost of naloxone or charge only a small copay.** If you care about someone who is at risk of overdose, remind them that it is easy to get naloxone in Louisiana.

What should I do if I think someone is overdosing?

One: If you have naloxone, give it!

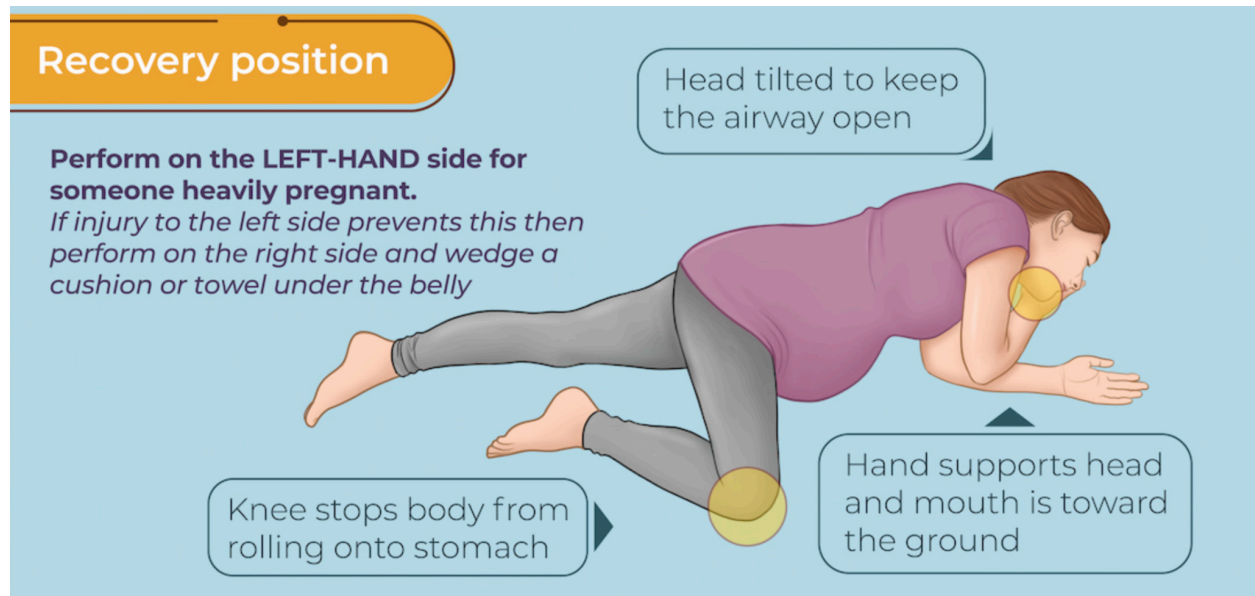
Try to wake the person by shouting their name and shaking them. If someone is with you, they can call 911 while you prepare to administer naloxone. **Naloxone is only effective for reversing opioid overdoses.** However, if you are unsure of the substance(s) or illness involved, it's still wise to give naloxone. Many overdoses involve multiple drugs. Naloxone will not cause any harm in the case of a nonopioid overdose or other medical problem. If the first dose of naloxone doesn't bring back breathing and alertness within a few minutes, give a second dose. For videos on how to give naloxone, visit [ERNaloxone.org](https://www.ERNaloxone.org).

Two: Call 911.

Call 911, even if the person begins to wake up, and follow the operator's instructions. **You may be instructed to perform CPR or rescue breathing** if the person remains unconscious.



Three: Stay with the person.



The person should be placed in the recovery position once they have begun breathing on their own. Even after waking up, some patients may not realize that they have overdosed.

Calmly explain what happened and stay with the person until emergency medical help arrives. When revived, some victims may be agitated and suffering from withdrawal symptoms. It is important to know that naloxone wears off within 30 to 90 minutes, and victims can slip back into overdose.

Always seek help in the emergency department, even if the patient appears to be feeling better.

Four: After an overdose

The time following an overdose may present an opportunity to consider treatment. Your emergency department team can connect you with people who can help. Visit [drugfree.org](https://www.drugfree.org) for more information.



How do I administer naloxone nasal spray?

NARCAN[®] (naloxone HCl) **SPRAY NASAL**

GUIA DE INICIO RÁPIDO

Instrucciones para responder a una sobredosis de opioides

Use NARCAN[®] (clorhidrato de naloxona) Spray Nasal para conocidas o presuntas sobredosis en adultos y niños.

Importante: Solo para uso nasal.

No remueva o pruebe NARCAN Spray Nasal hasta que esté listo para usarse.

1 Identifique la sobredosis de opioide y compruebe la respuesta

Pregúntele a la persona si está bien y que diga su nombre.

Sacuda los hombros y frote firmemente la mitad del pecho.

Verifique la presencia de signos de sobredosis de opioides si:

- La persona no despierta o responde a su voz o contacto
- La respiración es muy lenta, irregular, o se ha detenido
- La parte central de los ojos es muy pequeña, a veces denominadas "pupilas puntiformes"



Acueste a la persona sobre su espalda para recibir una dosis de NARCAN Spray Nasal.

2 Administre NARCAN Spray Nasal

SAQUE NARCAN Spray Nasal de la caja.

Despegue la pestaña marcada con un círculo para abrir NARCAN Spray Nasal.

Sostenga NARCAN Spray Nasal con el pulgar sobre la parte inferior del émbolo y los dedos índice y medio a cada lado del pulverizador.

Con suavidad, inserte la punta del pulverizador en cada fosa nasal.

- Incline la cabeza de la persona hacia atrás y sujete la parte posterior del cuello con su mano. Inserte suavemente la punta del pulverizador en **una de las fosas nasales** hasta que sus dedos, en cada lado del pulverizador, estén contra la base de la nariz de la persona.



Presione firmemente el émbolo para administrar la dosis de NARCAN Spray Nasal.

- Retire NARCAN Spray Nasal de la fosa nasal después de administrar la dosis.



3 Solicite ayuda médica de emergencia, evaluación y soporte

Busque ayuda médica de emergencia inmediatamente.

Coloque a la persona de costado (posición de recuperación) después de administrar NARCAN Spray Nasal.

Observe atentamente a la persona.

Si la persona no responde despertándose, ante la voz o el contacto, o respirando normalmente podrá administrarse otra dosis. NARCAN Spray Nasal puede aplicarse cada 2 o 3 minutos, si está disponible.

Repita el paso 2 usando un nuevo NARCAN Spray Nasal para administrar otra dosis en la otra fosa nasal. Si están disponibles otros envases de NARCAN Spray Nasal, repita el paso 2 cada 2 o 3 minutos hasta que la persona responda o se reciba asistencia médica de emergencia.





LaPQC

Louisiana Perinatal Quality Collaborative

For More Information About Naloxone and Opioid Overdose

Opioid use disorder is a chronic yet treatable disease. The number of pregnant patients experiencing opioid use disorder has more than quadrupled in the past 20 years. Medication-assisted treatment with buprenorphine, methadone, or naltrexone can help by stabilizing the brain's chemistry. Abstinence and detox do not work and can increase the risk of overdose. More than 95% of those who try to stop using opioids on their own will fail.

If you would like more information about naloxone and opioid safety, please visit ERnaloxone.org. In addition, [**OpiRescue**](#) is a free smartphone application that can direct you to nearby pharmacies that stock naloxone; it can also guide you through a naloxone rescue in the event of an overdose.

For Help Finding Treatment

If you or someone you care about would like help for opioid use disorder, we encourage you to call the Substance Abuse and Mental Health Services Administration (SAMHSA) national helpline:

1-800-662-HELP (4357). This free, confidential service provides 24-hour-a-day, 365-day-a-year support for individuals and families struggling with substance use disorder. **Pregnant and postpartum patients are prioritized when accessing treatment**