

# Opioid Overdose Response Plan

## – naloxone nasal spray (Nyxoid®)

COPE

*Penington* PENINGTON  
INSTITUTE

### Signs of opioid overdose

- UNRESPONSIVE
- Snoring/gurgling noises
- Irregular/shallow breathing
- No breathing at all
- Blue lips – if pale skinned
- Ashen look – if dark skinned
- Limp body and heavy nod
- Possible vomiting

### What to do

- **Stay with them.**
- Before you act, check for danger.
- Try to get a response from the person.
- **If there is no response call for help – 000.**
- Give the operator the information they ask for and follow their instructions.
- **Lay the person on their back and clear anything you see blocking their nose.**
- **Give them one spray of naloxone (see other side).**

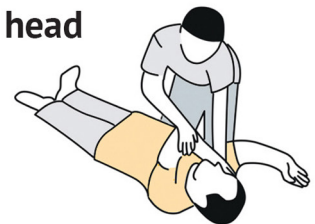
### Put the person in the recovery position ►

- Tilt their head back, clear the airway if needed and make sure that their airway stays open and clear.
- If their heart is beating but they are not breathing, apply rescue breathing – if you know how or are comfortable doing so (two slow breaths to start, and then one breath every five seconds).
- If there are no signs of life, start CPR – if trained or comfortable doing so.
- **If the person doesn't start to breathe after two to three minutes (four minutes if pregnant) give a second dose and continue other measures.**

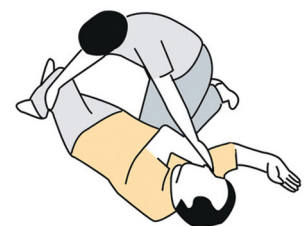
#### 1. Raise arm



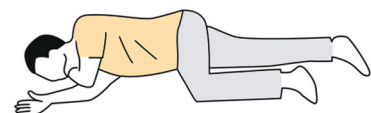
#### 2. Support head



#### 3. Lift leg



#### 4. Roll over



### Aftercare

Naloxone usually wears off in 30 to 90 minutes. When this happens the person might drop again. This is more likely if the person has taken other depressant drugs, like alcohol or benzodiazepines.

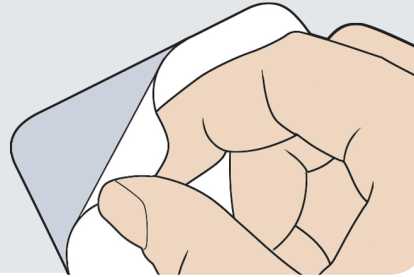
**If you need to use more naloxone - use it.**

Do not leave them alone and discourage them from using any drugs for at least two hours.

# Administering Naloxone from a nasal spray

1

Peel off the back of the container. Take out the nasal spray and place it within easy reach.



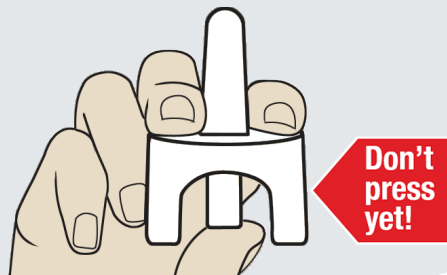
2

Roll the person on their back. Support the back of the neck and let the head tilt back. Clear away anything you see blocking their nose.



3

Hold the spray as shown – first two fingers either side of the nozzle, thumb ready to push the plunger. Don't press to prime or test before use.



4

Gently insert the spray nozzle into one nostril. Press firmly on the plunger until it clicks and gives the dose.

Remove the nozzle from the nostril. If possible, note which nostril you used.



**Note the time so you can inform the paramedics.**

**If there is no response after two to three minutes, give them a second dose. (every four minutes for pregnant women).**

**GIVE THE NASAL SPRAY TO THE PARAMEDICS OR PUT IT INTO A SHARPS CONTAINER.**

Based on product information and clinical guidelines; endorsed by the National Naloxone Reference Group