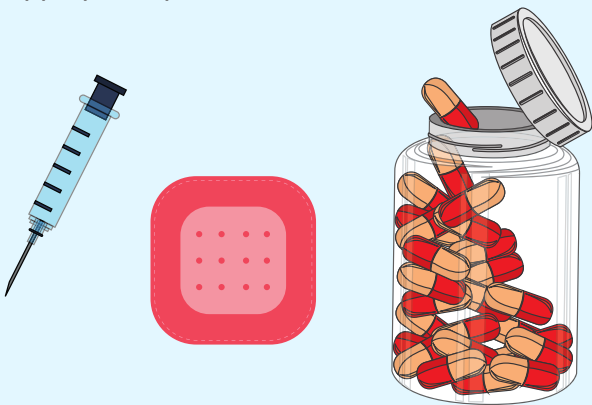


SAVE A LIFE: HOW TO PREVENT OPIOID POISONING DEATHS

A Quick Reference Guide for Patients and Caregivers

What are opioids?

Opioids are drugs that may be used in pain management. Everyone who takes opioids is at risk for opioid poisoning (overdose), even if taken as prescribed, and should take appropriate precautions.



Common Opioids Include:

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

Heroin is also an opioid.

OPIOID SAFETY TIPS

DO take opioid and non-opioid medications as prescribed

DO inform all providers that you are taking opioids

- Tell your primary provider if another provider prescribes an opioid for you

DO be cautious about driving or operating machinery, especially if you feel sleepy or confused

DO get help from family and friends

- Tell them that you take opioids
- Ask them to help you take opioids safely
- Tell them where you keep the naloxone kit and how to use it

DON'T take extra doses of opioids

- You could overdose and die

DON'T drink alcohol or use "street" drugs when taking opioids; they can impair your ability to use opioids safely and can cause severe harm or death

DON'T share, give away, or sell your opioids

- This is dangerous and illegal

If you've been taking opioids daily for more than a few weeks,

DON'T stop taking opioids on your own

- You may feel flu-like withdrawal symptoms
- Your provider can help you stop safely
- You may overdose if you start taking opioids again after an opioid-free break

ADDITIONAL RESOURCES

Local Emergency Services: 911

For other patient and caregiver resources, please visit: health.mil/opioidsafety



IN CASE OF OPIOID POISONING (OVERDOSE)

What is naloxone?

Naloxone (brand name: Narcan) is a temporary antidote for an opioid overdose. Should an overdose occur, naloxone will temporarily restore your breathing. If you are prescribed opioids, your doctor or pharmacist may talk to you about or prescribe naloxone. If you or someone you know is taking opioids, you can request naloxone.

Someone else has to administer this medication to the person experiencing an overdose. Be sure to tell your family members and friends where you keep your naloxone, and teach them how to use it.

If you use naloxone, follow up with your provider.



1

Check responsiveness

Look for any of the following:

- No response even if you shake them, say their name, or do a sternal rub
- Breathing slows or stops
- Lips and fingernails turn blue or gray
- Skin gets pale or clammy



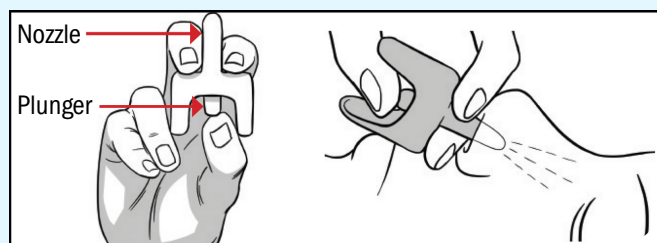
2

Call 911 and give naloxone

If no reaction in 2-3 minutes, give second naloxone dose in the other nostril. (medication comes in two packs)

This nasal spray needs no assembly and can be sprayed up one nostril by pushing the plunger.

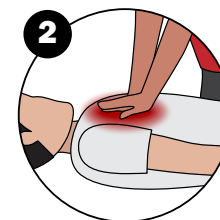
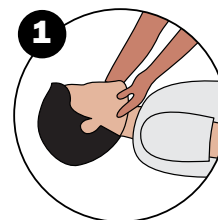
Do not test device - each device can only be used once.



3

Follow 911 dispatcher instructions

Dispatcher may provide instructions for rescue breathing and/or CPR.



>> Stay with person until help arrives

For video instructions, use your phone's camera to scan the QR code



For more information about accessing naloxone, talk to your pharmacist or provider.

