



# OVERDOSE & NALOXONE

Ask your GP or treatment service provider for Naloxone

## How to avoid an overdose

### Doing the following can help you avoid an overdose:

1. Your tolerance will drop if you have not used for a while e.g. following detox or prison.
2. If you are going to inject heroin, find out how strong it is - test a bit first.
3. Sometimes it takes a while for drugs to be absorbed into the blood stream - especially after a missed hit. Take care if going for a second hit.

### Mixing drugs can be dangerous:

1. Cocaine and crack - these can mask the effects of heroin and wear off quicker.
2. Don't use on top of your methadone script. Remember methadone is an opiate too.

## Recovery position

### 1 Shake and shout <sup>(Fig 1)</sup>

Try to wake them up by calling their name and shake them by the shoulders.

### 2 Check for breathing

Tilt the head back and make sure the airway is clear.

### 3 Call 999

If they do not respond to noise and are not breathing, call 999 without delay.

- Stay calm
- Tell the operator where you are and that the person is "not breathing"

### 4 Basic life support <sup>(Fig 2)</sup>

If they aren't breathing then start basic life support:

- Tilt the head back and make sure the airway is clear
- Do 30 chest compressions
- Pinch the nose closed and give two slow rescue breaths
- Continue this until the ambulance arrives

### 5 Recovery position <sup>(Fig 3)</sup>

Once they are breathing put the person into the recovery position until the ambulance arrives.



(Fig 1)



(Fig 2)



(Fig 3)

## Signs of overdose include

- Extremely slow and shallow breathing
- Convulsions
- Pinpoint pupils
- Confusion
- Vomiting and nausea

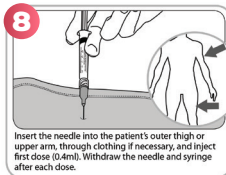
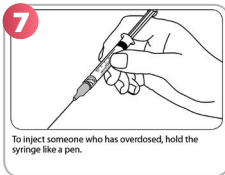
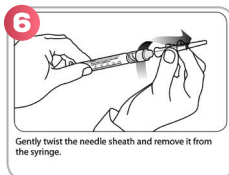
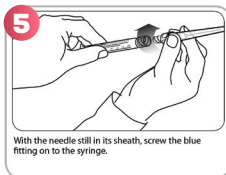
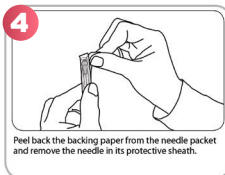
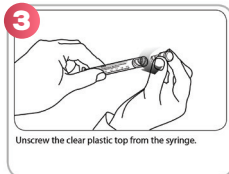
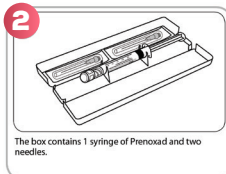
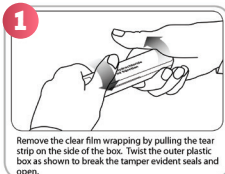
In extreme cases people may die or fall into a coma as a result of an overdose.

## Naloxone

**Naloxone is a medication that is used to temporarily reverse the effects of opioid drugs like heroin, morphine, methadone, codeine etc.** Naloxone is administered to people who are suspected of suffering from an opioid (or opioid-related) overdose. When someone accidentally overdoses and opioid drugs are involved, their breathing can be compromised and this can lead to their death. Naloxone can help restore the breathing of the opioid (or opioid-related) overdose casualty, 'buying time' before an ambulance arrives.

## Using Prenoxad Injection

**Prenoxad Injection (naloxone hydrochloride 1mg/1ml solution for injection) is a type of naloxone that can be prescribed to anyone who is at risk of an opioid overdose.** It can also be supplied to the friends, family or other representative of someone identified to be at risk, but only with the written consent from the person for whom it is to be supplied.



### Dial 999

It is crucial that an ambulance is still called and that the casualty is seen by the ambulance crew. Prenoxad Injection will wear off after a short time and there is a danger of the casualty going back into an overdose.