

VA



U.S. Department
of Veterans Affairs

Opioid Overdose Rescue

with Naloxone Auto-injector Kit

Patient Guide



*Real Provider Resources
Real Patient Results*

VA PBM Academic Detailing Service

Real Provider Resources

Real Patient Results

Your Partner in Enhancing Veteran Health Outcomes



You  **Tube** Video demonstration @ "How to Use the VA Auto-Injector Naloxone Kit"
<https://youtu.be/-DQBCnrAPBY>

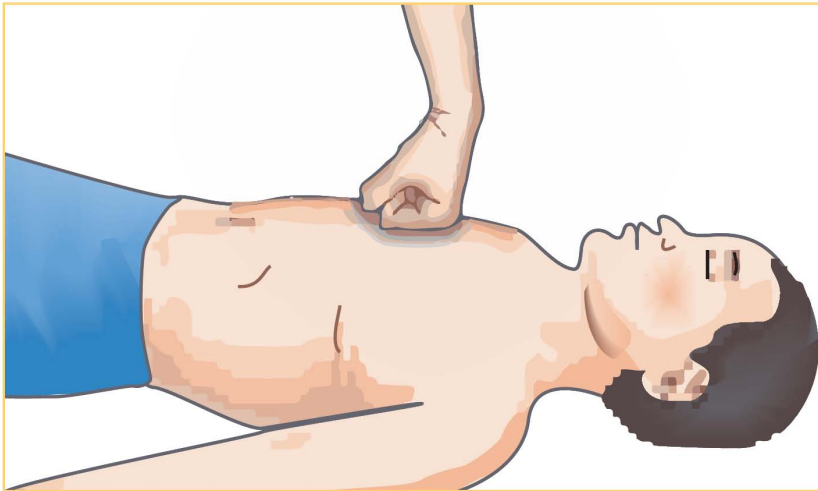
Kit Instructions

- Keep two auto-injectors with you at all times
- Store auto-injectors at room temperature, away from light
- Keep auto-injectors out of the heat or cold—e.g., do not store in your car—otherwise naloxone will lose its effectiveness
- If you use an auto-injector or your auto-injectors expire, contact your provider as soon as possible for a replacement
- Contact your pharmacy about the proper disposal of your auto-injectors
- Be sure to properly dispose of used auto-injectors; they cannot be reused



1. Check for a Response

Give person a light shake, say person's name, firmly rub person's sternum (*i.e., bone in center of chest where ribs connect*) with knuckles, hand in a fist.



**If person
does not respond**
*(i.e., wake up
and stay awake)*

—
**Give Naloxone
and Call 911**

2. Give Naloxone—Call 911

- Pull auto-injector from case and follow voice instructions (*see page 8 for detailed instructions*).
- When calling 911, give the address and say the person is not breathing.

How to Give Naloxone

1. Pull the auto-injector from the outer case
2. When you are ready to use the auto-injector, pull firmly to remove the red safety guard (do not touch the black base)
3. Place the black end against the middle of the outer thigh, through clothing if necessary
4. Press firmly and hold in place for 5 seconds



3. Airway Open

Make sure nothing is in the person's mouth.

- If overdose is witnessed (*i.e., you see the person stop breathing*)...



Rescue Breathing

1. Place face shield
(*optional*)
2. Tilt head back, lift chin,
pinch nose
3. Give 1 breath every
5 seconds
4. Chest should rise

- If collapse is unwitnessed (*i.e., you find someone not breathing*)

Chest Compressions

1. Place heel of one hand over center of person's chest (*between nipples*)
2. Place other hand on top of first hand, keeping elbows straight with shoulders directly above hands
3. Use body weight to push straight down, at least 2 inches, at rate of 100 compressions per minute
4. Place face shield (*optional*)
5. Give 2 breaths for every 30 compressions



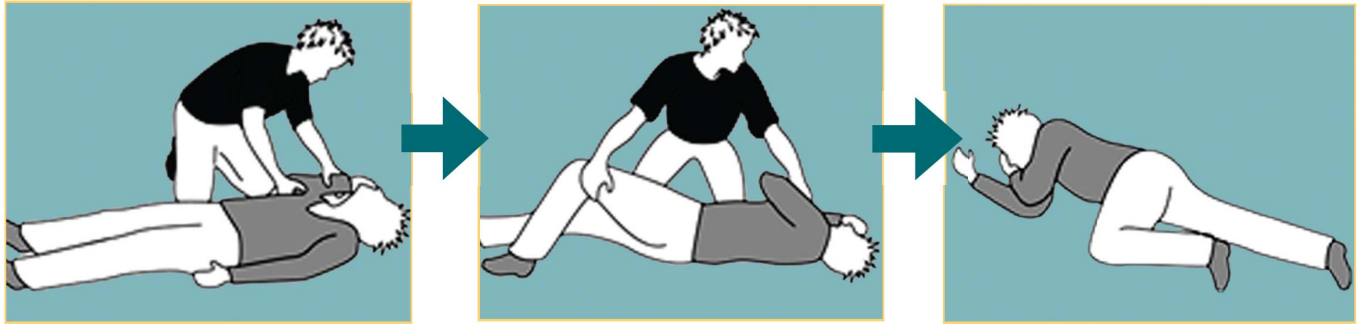
4. Consider Naloxone Again

Two situations in which to consider naloxone again:

- ① If person doesn't start breathing in **2–3 minutes** give second dose of naloxone
- ② If person starts breathing after first dose, **because naloxone wears off in 30 to 90 minutes**, a second dose may be needed if person stops breathing again
 - Be sure to stay with person until emergency medical staff take over or for at least 90 minutes to make sure person doesn't stop breathing again

5. Recovery Position

If the person is breathing but unresponsive, put the person on his/her side to prevent choking if person vomits



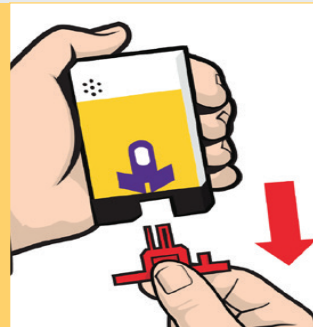
How to Use the Naloxone Auto-Injector*

*This guide is not meant to replace the auto-injector instructions. Please review the instructions included with your auto-injector.

❶ Pull the auto-injector from the outer case



❷ Pull firmly to remove the red safety guard (do not touch the black base)



③ Place the black end against the middle of the outer thigh, through

clothing if necessary, then press firmly and hold in place for 5 seconds



④ If no reaction in **2–3 minutes** or if the person stops breathing again, give the second dose of naloxone using new auto-injector

Resources

Consider seeking long-term help at your local VA Substance Use Disorder Treatment Program:



VA Substance Use Disorder Treatment Program Locator:
www2.va.gov/directory/guide/SUD.asp

- Local Emergency Services: 911
- National Poison Hotline: 1-800-222-1222
- Veterans Crisis Line: 1-800-273-TALK (8255), or text – 838255

CUT LINE

Buddies take care of Buddies.

Share this card with
a friend or family member.



www.mentalhealth.va.gov/substanceabuse.asp

(Adapted from the Harm Reduction Coalition, Oakland, CA)

Created: January 2016

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Veterans Health Administration
PBM Academic Detailing Service



www.va.gov

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