

Narcan (Naloxone) Information

What is it?

- Naloxone is a life-saving medication that works to reverse an opioid overdose. It can quickly restore normal breathing while having little to no effects on an individual if opioids are not present in their system.
 - Note: naloxone is the generic name for Narcan - you will often see them used interchangeably - they are the same drug.

Who is at risk of an opioid overdose?

- People who use opioids (oxycodone, hydrocodone, morphine, M30, heroin, etc)
- Risk is greater when combined with other substances such as alcohol or benzodiazepines (Xanax, etizolam, etc)
- People who are using a non-opioid drug that is unknowingly laced with an opioid such as fentanyl (a powerful synthetic opioid)

How do I get naloxone/Narcan?

Naloxone/narcan is an over the counter medication which means that it can be purchased from stores without a prescription. Naloxone may also be available for emergencies in dedicated emergency kits. The following are different ways you can access naloxone:

- **HCC** - you can schedule an appointment for a brief training and get naloxone at the clinic. We are currently able to offer naloxone for FREE (while our supplies last). You can make this appointment by calling the front desk or scheduling through the health portal.
- **Over the counter (OTC)** - many retail pharmacies such as Walgreens, RiteAid, CVS have naloxone available in store or can be ordered online and shipped directly to you.
- **Prescription** - directly from a pharmacist or from a medical provider. While you are no longer required to have a prescription to get naloxone, some people may choose to have it prescribed via their medical provider or a pharmacist. This can make the naloxone cheaper because you are using your insurance to help pay for the cost (coverage various from insurance to insurance so this may make it cheaper - or not!).
- **Emergency kits** - located on campus and reserved for emergency use
- **[Multnomah County Syringe Exchange Program](#)**.

How much does naloxone cost?

At the HCC, we are currently able to offer FREE naloxone (while supplies last).

Over the counter costs have been around \$45 for a 2 pack at most retail pharmacies. Since approval of over the counter nasal naloxone is still relatively recent, there may be price adjustments and fluctuations over time.

Some insurances will cover the cost of naloxone or cover it at a cost that is lower than over the counter. In order to get coverage, some insurances may want you to get a prescription and have it billed through the pharmacy. Others may allow for OTC purchase and submitting a reimbursement form. This is likely an area that will see many changes over the next several months so we would recommend you contact your insurance company to ask about current coverage to get the most up to date information. If a prescription is required that can be done directly from a pharmacist or through a healthcare provider (including the HCC providers). Please note: Oregon Health Plan will cover the cost of naloxone (2 prescriptions every 12 months) at no cost.

Reed College Narcan/Naloxone Emergency Kit Program

Reed students have access to emergency naloxone/narcan across campus. There are 46 opioid overdose prevention kits across campus that contain a CPR shield and two doses of naloxone/Narcan brand nasal spray. [See Community Safety Office \(CSO\) website for specific locations.](#)

The emergency naloxone/narcan are meant to be available in an emergency (as the name suggests) so if you are interested in having naloxone with you “just in case” then we recommend you get one either from the HCC or over the counter. This will keep the emergency naloxone on campus available for those who may need it urgently. If you do need to use a kit during an emergency, please call 911 and if on campus inform the CSOs who can provide basic first aid and help direct EMS to the correct location.

If you take a kit or notice one missing, please let CSOs know so that they can replace a missing one. This can be done by calling dispatch and letting them know the location of the missing one. You do not need to give your name. Letting the CSOs know as soon as possible will allow them to replace the missing dose so that it is available if another student needs it in an emergency.

Multnomah County Syringe Exchange Program

Overdose rescue kits are available at no cost for clients of [Multnomah County's syringe exchange](#). Clients complete a short training in how to recognize and respond to an opioid overdose. At the end of the training clients receive a kit that includes two doses of naloxone. Clients should schedule 20 minutes to complete the training and paperwork.

How and when do you use naloxone?

Naloxone nasal spray is easy to use. It will only work to reverse an opiate overdose and not an overdose from other substances. If you know opiates were involved or are unsure then it is recommended to use naloxone when you are noticing signs of an overdose.

Signs of an Opioid Overdose:

- Will not wake up
- Breathing is very slow, irregular or stopped
- Center of eye is very small “pinpoint pupils”

It is recommended to watch one of the videos below to understand **when** and **how** to use naloxone nasal spray:

- [How to Use Narcan with the DOPE project](#)
- [Using Nasal Naloxone to Reverse Opiate Overdose by Multnomah County](#)
- If using injectable naloxone, please review this video: [Using Injectable Naloxone to Reverse Opiate Overdose by Multnomah County](#)

The basic steps for using naloxone are as follows:

- Identify opioid overdose and check for response
 - ASK if they are ok
 - SHAKE shoulders and rub middle of their chest
 - CHECK for signs of an [opioid overdose](#)
- Give naloxone
- Call for emergency help - 911 and if and if on campus inform the CSOs who can provide basic first aid and help direct EMS to the correct location.
 - Emergency help should be called as soon as possible.
 - Further doses of naloxone may be needed (but should wait 2-3 minutes between doses to use)
 - If the overdose is due to another substance, naloxone won't work and they will need further care from medical professionals.

Who can administer?

Anyone! We recommend that you complete a training (watching a video like above is enough) on when and how to administer naloxone if you feel you are going to be in a situation where it needs to be used.

Oregon's Good Samaritan Overdose Law:

If someone is overdosing and you call for medical help, you cannot be arrested or prosecuted for:

- Possessing drugs or drug paraphernalia
- Being in a place where drugs are used
- Violating probation or parole because of drug use or possession
- Outstanding warrant because of drug use or possession

Reed College Medical Amnesty Policy:

Reed's medical amnesty policy protects students who call for themselves or others from disciplinary action, even if they are under the influence of substances. The policy states "when a student experiences a physical and/or psychological crisis while under the influence of alcohol or other drugs (AOD), neither the student in crisis nor any student calling for help will be subject to disciplinary action for personal possession or use of illicit substances, including consumption of alcohol by minors." - Reed College's Alcohol and Drug (AOD) Policy

Important Phone Numbers:

Emergency Numbers (available all hours)

Community Safety: 503-786-6666

Reed Counseling Hotline: 866-432-1224

Mental Health Crisis Text Line: 741741

After Hours Medical Advice: 800-214-7281

[Oregon Poison Control](https://www.oregon.gov/oha/ohahc/ohcra/Pages/default.aspx): 800-222-1222

Multnomah County Crisis Line: 503-988-4888

Reed College Health and Counseling Center (available M-F 9-5): 503-777-7281

Substance Use Hotlines

- SAMHSA's National Helpline: 1-800-662-4357 (all hours)
 - support for referrals to local treatment options
- Fireside Project: 623-743-7433 (daily from 11 am - 11 pm PT)
 - Peer support line for emotional support during and after a psychedelic experience
- Alcohol and Drug Helpline: 800-923-4357 (all hours)
 - For information, support, or access to resources and treatment for alcohol or drug use for yourself or others.

Patient Education for Naloxone

Epocrates: <https://www.epocrates.com/online/drugs/7471/narcan-nasal#patient-education>

Medication Information

- **Generic Name:** naloxone (injection)
- **Pronounced:** nuh-laak-sown
- **Brand Name:** Narcan

What is the most important information I should know about naloxone nasal?



Naloxone nasal is used to reverse the effects of opioid medicine and treat an opioid overdose. *An opioid overdose can be fatal.* Symptoms may include severe drowsiness, pinpoint pupils, slow breathing, or no breathing.

A person caring for you can give the naloxone nasal if you stop breathing or don't wake up. Make sure any person caring for you knows where you keep naloxone nasal and how to use it.



Your caregiver must still get emergency medical help and may need to perform CPR (cardiopulmonary resuscitation) on you while waiting for help to arrive. You may need to give another spray every 2 to 3 minutes until emergency help arrives.

What is naloxone nasal?

Naloxone nasal is used in an emergency situation to treat a known or suspected opioid overdose in an adult or child. *This medicine should not be used in place of emergency medical care for an overdose.*

Naloxone nasal may also be used for purposes not listed in this medication guide.

What should I discuss with my healthcare provider before using naloxone nasal?



You should not be treated with naloxone nasal if you are allergic to it.

If possible before you use naloxone nasal, tell your doctor if:

you have heart problems.



If you use opioid medicine during pregnancy, your baby could be born with life-threatening withdrawal symptoms, and may need medical treatment for several weeks.



Using naloxone nasal while you are pregnant may also cause opioid withdrawal effects in your unborn baby. *However, having an opioid overdose can be fatal to both mother and baby.* It is much more important to treat an overdose in the mother. You must get emergency medical help after using naloxone nasal. *Be sure all emergency medical caregivers know that you are pregnant and any follow-up doctor knows you received this medicine.*



Ask a doctor if it is safe to breastfeed while using this medicine.

How should I use naloxone nasal?

Follow all directions on your prescription label and read all medication guides or instruction sheets. Use the medicine exactly as directed.

This medicine may be given by a healthcare provider, emergency medical provider, or a family member or caregiver who is trained to properly give naloxone nasal.

Naloxone nasal should be sprayed into the nose while the person is lying on his or her back.

Be sure you know how to recognize the signs of an opioid overdose in the person you are caring for. *Overdose symptoms may include:*

- slowed breathing, or no breathing;
- pinpoint pupils;
- slow heartbeats; or
- extreme drowsiness, especially if you are unable to wake the person from sleep.



Even if you are not sure an opioid overdose has occurred, *if the person is not breathing or is unresponsive, give naloxone nasal right away* and then seek emergency medical care.

Do not assume that an overdose episode has ended if symptoms improve. *You must get emergency help after giving naloxone nasal.* You may need to perform CPR (cardiopulmonary resuscitation) on the person while you are waiting for emergency help to arrive.

Stay with the person and watch for continued signs of overdose. You may need to give another dose every 2 to 3 minutes until emergency help arrives. *Follow all medication instructions carefully.*

Each nasal spray pump is for one use only. Throw away after one use, even if there is still medicine left inside.



Store at room temperature away from moisture, heat and light. Do not freeze. Keep each spray pump in the box until you are ready to give a dose. Do not use this medicine if the expiration date on the label has passed.

What happens if I miss a dose?

Naloxone nasal is used when needed and does not have a daily dose.

What happens if I overdose?

Since naloxone nasal is supplied as the correct dose in a single-use spray pump, an overdose is unlikely to occur.

What should I avoid while using naloxone nasal?



Avoid leaving a person alone after giving a dose of naloxone nasal. An opioid overdose can impair a person's thinking or reactions.

What are the possible side effects of naloxone nasal?



Get emergency medical help if you have *signs of an allergic reaction*: hives; difficult breathing; swelling of your face, lips, tongue, or throat.



Because naloxone nasal reverses opioid effects, this medicine may cause sudden withdrawal symptoms such as:

- nausea, vomiting, diarrhea, stomach pain;
- fever, sweating, body aches, weakness;
- tremors or shivering, fast heart rate, pounding heartbeats, increased blood pressure;
- goose bumps, sneezing;
- runny nose, yawning; or
- feeling nervous, restless, or irritable.



Sudden withdrawal symptoms in a baby younger than 4 weeks old may be life-threatening if not treated the right way. Symptoms include crying, stiffness, overactive reflexes, and seizures. Call your doctor or get emergency medical help if you are not sure how to properly give this medicine to a baby.

Common side effects may include:

- stomach pain, constipation;
- increased blood pressure;
- dry skin, tooth pain, muscle pain;
- weakness, dizziness, headache, feeling light-headed; or
- stuffy nose, nasal discomfort and dryness.

This is not a complete list of side effects and others may occur. Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

What other drugs will affect naloxone nasal?

Other drugs may affect naloxone nasal, including prescription and over-the-counter medicines, vitamins, and herbal products. Tell your doctor about all other medicines you use.

Where can I get more information?

Your doctor or pharmacist can provide more information about naloxone nasal.

Remember, keep this and all other medicines out of the reach of children, never share your medicines with others, and use this medication only for the indication prescribed.

References

<https://www.multco.us/health/staying-healthy/overdose-prevention>

<https://dancesafe.org/>

https://www.narcan.com/wp-content/uploads/2021/12/Caregiver_Brochure.pdf

<https://harmreduction.org/issues/safer-drug-use/>

<https://online.epocrates.com/drugs/184108/Narcan/Patient-Education>