

**PRESCRIPTION DRUG OVERDOSE PREVENTION
PHARMACIST/PROVIDER PATIENT COUNSELING CHECKLIST**

OVERDOSE PREVENTION

- Only take medicines that are prescribed to you.
- Never share your pain medication.
- Do not take more pain medication than instructed.
- Never mix pain medication with alcohol.
- Avoid mixing pain medication with sedating drugs such as sleeping pills or benzodiazepines.
- If your pain gets worse, call your medical provider, DO NOT take more pain medication than you were prescribed.
- Dispose of unused medications safely.
- Store your medicine securely (lock them up).
- Have an overdose plan which includes using a naloxone rescue kit.
- Teach your family and friends how to respond to an overdose.

GOOD SAMARITAN LAW

In New Mexico you can call 911 or take someone to hospital for an overdose and not get charged for drug possession. But this law may NOT protect you if:

- You have warrants.
- You are on probation or parole.
- You have equipment such as scales, baggies or large quantities of cash which makes it look like you are dealing drugs.
- There's evidence of any other crime, including weapons possession, or if you are driving drunk or high.

SIGNS OF OVERDOSE

- Unconscious, limp body, or unresponsive.
- Pale or blue lips, face, or fingertips (from lack of oxygen).
- Gasping for air, gurgling, or choking sounds (may be from vomit or saliva).
- Slow, raspy, or no breathing.
- Slow or no heart beat.
- Drowsy or nodding off.
- Skin feels cold to the touch.
- Pinpoint pupils.

WHAT NOT TO DO IF YOU SEE SOMEONE IS EXPERIENCING AN OVERDOSE

- Do not run away → There is a Good Samaritan Law in New Mexico that should protect you.
- Do not put the individual who is overdosing in a cold bath or shower → they could drown.
- Do not give them anything to drink → they could choke.

WHAT TO DO IF YOU SEE SOMEONE IS EXPERIENCING AN OVERDOSE

- Check for signs of an overdose (see above) and check if the person is conscious.
- Shake them and yell out their name.
- If no response, try causing pain by rubbing your knuckles on their chest bone. If they respond, try to keep them awake.
- Check breathing. Place ear next to their mouth. If you don't feel or hear breath sounds, call 911.
- Call 911 and give good directions.
- Clear their mouth and gently lay them on their back.
- Perform rescue breathing if necessary.
- Administer naloxone and continue rescue breathing.
- Place them in the recovery position when rescue breathing is no longer needed.
- Stay with the person until help comes.
- Refill the naloxone rescue kit where ever you originally obtained it

CALLING 911

Calling 911 may be the only way to save the person's life. Here are some tips to remember:

- Stay calm and tell the 911 operator that the person is not breathing.
- Make sure you give good directions so EMS can find you.
- When EMS arrives, give them as much information as possible. Tell them that you gave naloxone (if you did) and how much.

RESCUE BREATHING

Rescue breathing means you are breathing for someone who is unable to breathe on his or her own. If someone is not breathing, you must start rescue breathing immediately. Brain cells begin to die after 4-6 minutes without oxygen. Gently lay them down on a hard surface on their back. Tilt their head back with their chin up. Pinch nose closed with your fingers. Seal your lips tightly over their mouth. Gently breathe into their mouth two times in a row. Their chest should rise, not their stomach. Then breathe in every 5 seconds until the person starts breathing or EMS arrives.



NALOXONE PREPARATION AND ADMINISTRATION




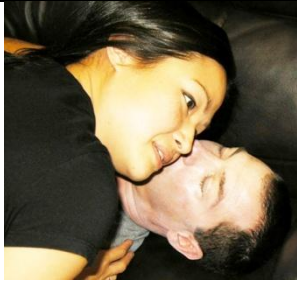

1. Pull off both yellow caps off the plastic syringe.
2. Pull off the purple cap. Open the white cone from the package and grip its plastic wings to screw it slowly onto the top of the plastic syringe.
3. Gently screw the glass vial of naloxone into the barrel of the plastic syringe until you feel slight resistance.
4. Place the white cone in the first nostril of the overdosing person.
5. Push quickly and firmly on the glass vial (pushing slowly will prevent the liquid from misting correctly) and squirt half (up to the number "1" printed on the side of the vial) of the liquid up the person's nose.
6. Place the white cone top in the second nostril. Push quickly and firmly again on the glass vial to squirt what's left in the vial up the person's nose.
7. Continue rescue breathing, if needed.
8. If the person does not respond in 3 minutes, repeat the steps with the second box of naloxone.
9. Continue rescue breathing, if needed.
10. Naloxone may only last for 30-60 minutes. When it wears off, they may overdose again from the drug still in their system. Stay with them.
11. Although the low dose suggested here usually should not cause severe withdrawal symptoms, they are possible, and may include sweating, nausea/vomiting, shaking, and agitation. Comfort them and keep them from taking more opioids in response to the rapid withdrawal symptoms.

RECOVERY POSITION

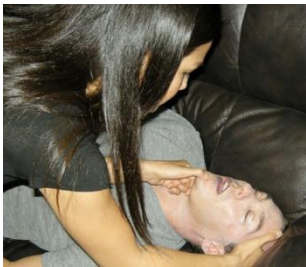




The recovery position is used if a person is unconscious, vomiting, or in danger of choking on vomit or saliva. Once they are out of danger, place the person on their side with legs bent and head resting on their arm on the floor. The recovery position lets fluid drain from the person's mouth so they do not choke. Place the person in the recovery position whenever you are not doing rescue breathing.



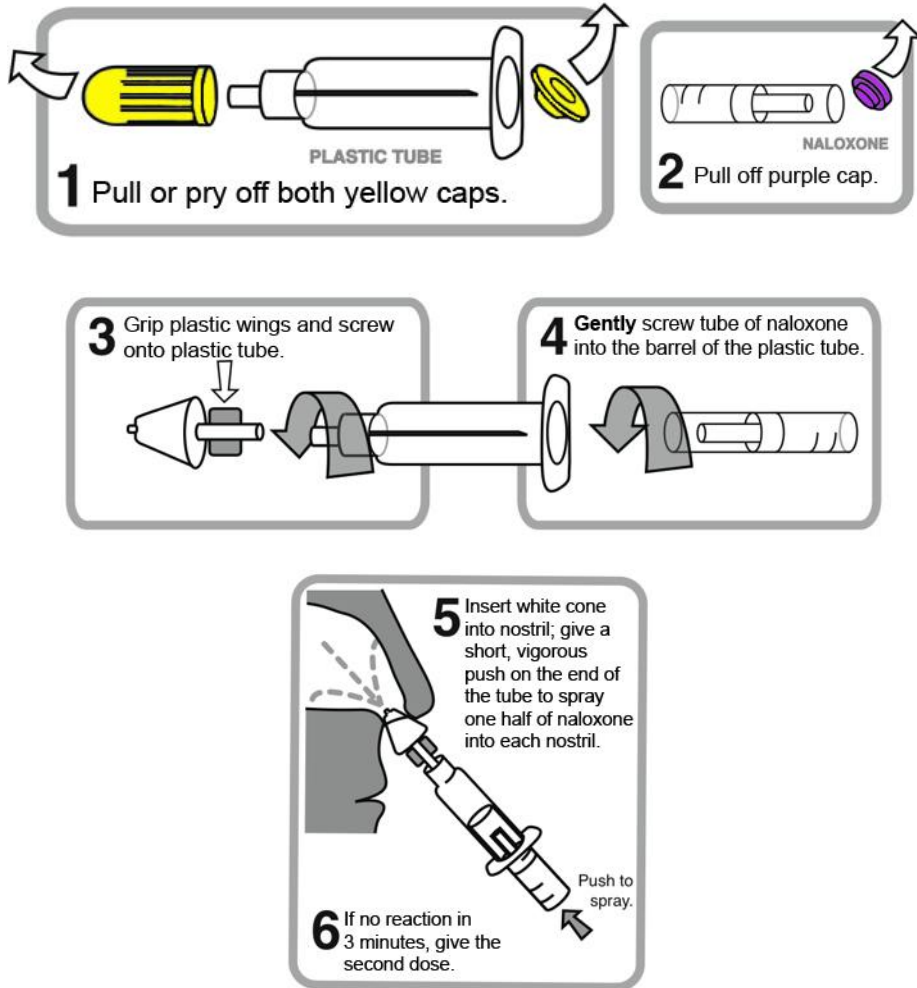
STEPS FOR RESCUING FROM AN OVERDOSE

<p>(1) Check for signs of an overdose</p>	<ul style="list-style-type: none"> • Unconscious, limp body, or unresponsive • Pale or blue lips, face, or nails • Gasping for air, gurgling, snoring, or choking sounds • Slow, raspy, or no breathing • Slow or no heart beat • Drowsy or nodding off • Skin feels cold to the touch • Pinpoint pupils 	
<p>(2) Try to wake the person up</p>	<p>Yell out the person's name in a loud voice.</p>	
<p>(3) Rub chest bone</p>	<p>Rub your knuckles hard up and down the middle of the person's chest bone. If the person wakes up, try and keep them awake.</p>	
<p>(4) Check breathing</p>	<p>Place your ear next to their mouth to see if you can feel or hear a breath. If there are no breath sounds or you don't think the person is breathing, call 911 then clear their mouth and begin rescue breathing.</p>	
<p>(5) Call 911</p>	<ul style="list-style-type: none"> • Call even if you have drugs in your possession. You cannot be prosecuted if you are trying to save a life. • Stay calm and tell the 911 operator that the person is not breathing. • Give EMS good directions and as much information as you can 	

STEPS FOR RESCUING FROM AN OVERDOSE

<p>(6) Clear the mouth</p>	<p>Check the person's mouth and remove any objects such as food, chewing gum, or even vomit. Gently lay them on a hard surface on their back.</p>	
<p>(7) Perform rescue breathing</p>	<p>Tilt head back with chin up. Pinch nose closed with your fingers. Seal your lips tightly over their mouth. Gently breathe into their mouth two times in a row. Chest should rise, not stomach. Then breathe in every 5 seconds until the person starts breathing or EMS arrives.</p>	
<p>(8) Prepare and Administer Naloxone</p>	<p>Instructions on back side of this page</p> <p>[NM Poison Center: 1- 800-222-1222 if you have any difficulty understanding the instructions. All calls are confidential.]</p>	
<p>(9) Put person in recovery position</p>	<p>Once they are out of danger, place the person on their side, with legs bent and head resting on their arm on the floor. The recovery position lets fluid drain from the person's mouth so they do not choke.</p>	
<p>(10) Stay with the person until EMS comes</p>	<p>When EMS arrives, tell them how much naloxone you used. If you are not able to stay with the person, leave the naloxone rescue kit and syringe so EMS will know that naloxone has been administered.</p>	

HOW TO PREPARE NALOXONE



Evaluate + Support

- As individual arouses, withdrawal can be extremely difficult, including acute pain and/or vomiting. Comfort them and keep them from taking more opioids.
- Naloxone wears off in 30-60 minutes. You may have to continue rescue breathing if the overdose returns.
- Encourage survivors to seek treatment if they are living with opioid addiction.
- Speak with your medical provider and/or pharmacist regarding refill.

NALOXONE OVERDOSE PREVENTION KIT INSTRUCTIONS

This Naloxone Overdose Prevention Kit Contains:

- 2 x naloxone 2 mg/2 mL as pre-filled Luer-Lock needleless syringes
- 1 x Intranasal Trumpet Device

Non-Emergency Resource List

Poison Control Center 1-800-222-1222 (free/confidential)	

NEW MEXICO
DEPARTMENT OF
HEALTH