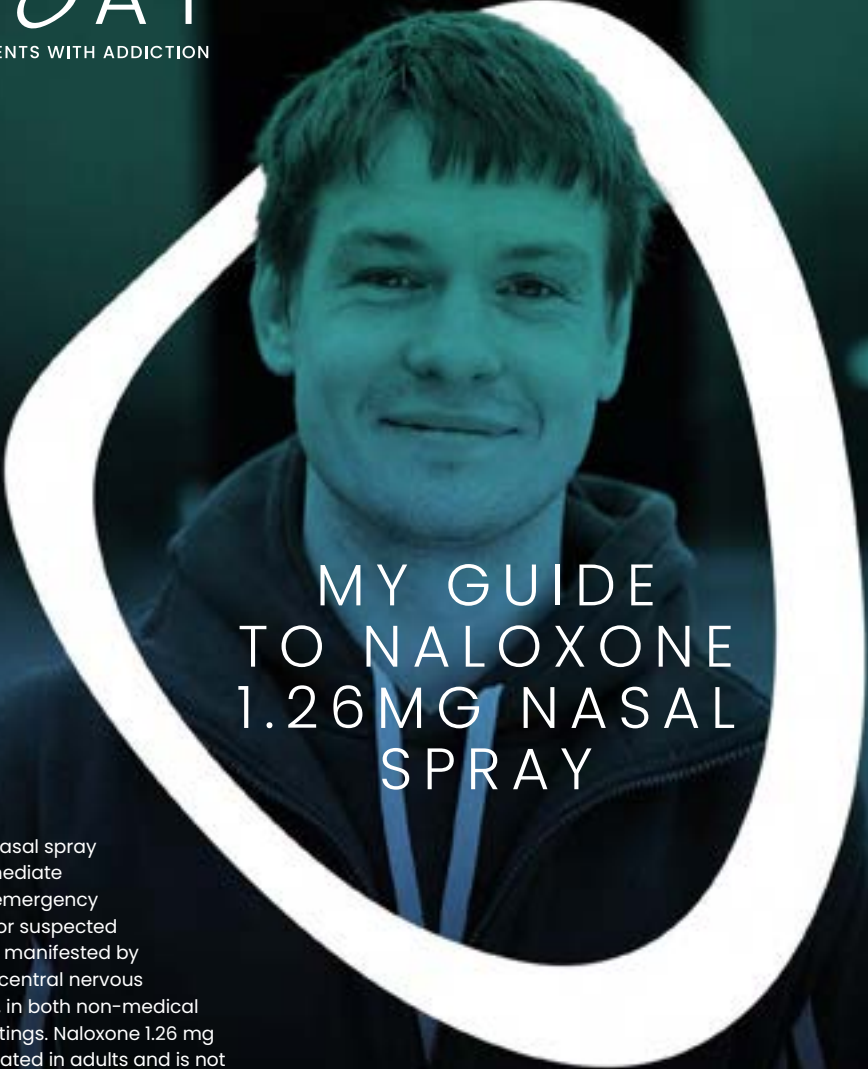


# AFL OAT®

SUPPORTING PATIENTS WITH ADDICTION



## MY GUIDE TO NALOXONE 1.26MG NASAL SPRAY

Naloxone 1.26 mg nasal spray is intended for immediate administration as emergency therapy for known or suspected opioid overdose as manifested by respiratory and/or central nervous system depression, in both non-medical and healthcare settings. Naloxone 1.26 mg nasal spray is indicated in adults and is not a substitute for emergency medical care.<sup>1</sup>

**This leaflet was created by Accord Healthcare and is intended for patients who have been prescribed Naloxone 1.26mg nasal spray. This is not a substitute for the Patient Information Leaflet, which should be read before administering Naloxone 1.26mg nasal spray.**



**Naloxone 1.26mg nasal spray**

# WHAT IS NALOXONE 1.26MG NASAL SPRAY AND WHAT IS IT USED FOR?<sup>2</sup>

Naloxone 1.26mg nasal spray contains the active substance naloxone, which is an antidote to opioids. This medicine is used to reverse the effect of **known or suspected overdose of opioids** in adults (e.g. morphine, heroin, methadone, fentanyl, oxycodone or buprenorphine).

## EACH NALOXONE 1.26MG NASAL SPRAY PACK CONTAINS:

- One **pebble** carrying **2 single-dose nasal spray containers** that do not require assembly before use<sup>2</sup>
- One **Quick Start Guide** contained within the pebble with pictograms showing how Naloxone 1.26mg nasal spray is used
- One **package leaflet** with information about this medicinal product and stepwise instructions for use

## WHAT ARE THE SIGNS OF AN OPIOID OVERDOSE?<sup>2,3</sup>

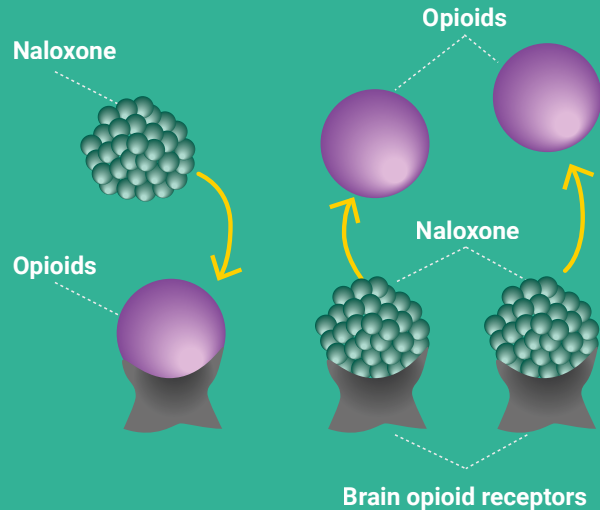
**Opioid use can lead to death** due to the effects of opioids on the part of the brain which **regulates breathing**. An **opioid overdose** can be identified by a combination of **signs** and **symptoms** such as: **pinpoint pupils, difficulties in breathing such as slow/uneven breathing or no breathing, not responding to a loud noise or touch, blue or purple fingernails or lips and unconsciousness.**



# HOW DOES NALOXONE 1.26MG NASAL SPRAY WORK?<sup>4,5</sup>

Naloxone 1.26mg nasal spray contains **naloxone**, which **competes with opioids to bind to opioid receptors**, thereby **reversing opioid overdose** that may be caused by heroin and other opiates or opioids.

The emergency antidote works by preventing the breakdown products of the opioid from having an effect on the normal functioning of the opioid receptor. Naloxone rapidly displaces the opioid at the receptor so **Naloxone 1.26mg nasal spray can help prevent death from an opioid overdose if administered in time.**



# HOW NALOXONE CANCELS OUT AN OPIOID OVERDOSE<sup>5</sup>

Naloxone has a stronger affinity (binding ability) to the opioid receptors than opioid drugs, displacing the opioids off the receptors for a short time.

**Naloxone allows the person to breathe again by reversing the effects of opioid overdose.<sup>5</sup>**

# WHEN TO USE NALOXONE 1.26MG NASAL SPRAY<sup>2</sup>

Naloxone 1.26mg nasal spray is intended to be used for initial emergency treatment in a pre-hospital setting by anyone witnessing a known or suspected opioid overdose.

# INSTRUCTIONS FOR USE: A STEP-BY-STEP GUIDE IF YOU SUSPECT AN OPIOID OVERDOSE<sup>2</sup>

## 01

Check for symptoms and response:

- a. Check for a response**, to see if the person is conscious. You can shout their name, gently shake their shoulders, talk loudly into their ears, rub their breastbone (sternum), pinch their ear or the bed of their fingernail.
- b. Check airways and breathing**. Clear the mouth and nose of any blockages. For 10 seconds check for breathing – is the chest moving? Can you hear breathing sounds? Can you feel breath on the cheek?
- c. Check for signs of overdose**, such as: no response to touch or sounds, slow uneven breathing or no breathing, snoring, gasping or gulping, blue or purple fingernails or lips.

**If an overdose is suspected Naloxone 1.26mg nasal spray should be given.**



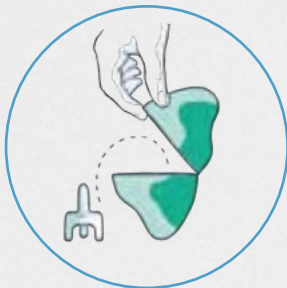
## 02

Call emergency medical services, national rescue number **999** or **112** and **ask for an ambulance**.



## 03

Place the patient on their back. Ensure free airways. It is recommended to **inspect and clear the nasal airway** before giving the nasal spray.



## 04

Open the inner packaging by first removing the rubber band, then **pressing at the centre** of both flat sides of the plastic pebble to open. **Do not prime or test the nasal spray prior to use.** **One nasal spray of Naloxone 1.26mg nasal spray contains only one dose of naloxone.**



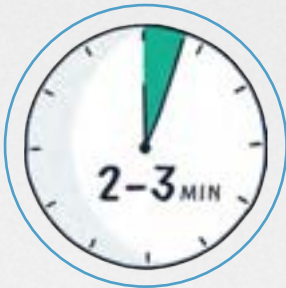
05

Support the back of the neck to allow the head to tilt back. **Insert the spray nozzle into one nostril.** Press firmly on the plunger until it clicks to give the dose, then remove the nasal spray from the nostril.



06

Place the patient in the **recovery position**. Stay with the patient until the emergency services arrive. Watch for an improvement in the patient's breathing level, alertness and response to noise.



07

If there is no improvement, a second dose should be given after **2-3 minutes** in the other nostril.

## INSTRUCTIONS FOR THE USER<sup>1</sup>

- Time is important, do not hesitate to give first aid and use Naloxone 1.26mg nasal spray
- Always make sure the airways are clear and call an ambulance
- The nasal spray dispenser is not compromised if given to another person
- Each plastic case contains 2 single-dose nasal sprays, a Quick Start Guide and a package leaflet

## TRAINING VIDEO

These stepwise instructions on how to use Naloxone 1.26mg nasal spray to reverse an opioid overdose are shown in a video that you can access by **scanning the QR code**.

SCAN ME





## ADVERSE REACTIONS AND SAFETY<sup>1,2</sup>

Like all medicines, this medicine can cause side effects, although not everybody gets them.

- The most common side effect seen with naloxone is feeling sick (may affect more than 1 in 10 people)
- Other common side effects (may affect up to 1 in 10 people) include: dizziness, headache, fast heart beat and increased or lowered blood pressure (you may experience headache or a sensation of fainting)
- Abrupt reversal of opioid effects in patients who are physically dependent on opioids can cause acute withdrawal syndrome
- Signs and symptoms of **acute withdrawal syndrome** include fast heart rate, high blood pressure, body aches and stomach cramps, diarrhoea, feeling sick, vomiting, sweating, fever, goose bumps and shivering or trembling
- Behavioural changes, such as violent behaviour, nervousness and agitation may occur
- See the Patient Information Leaflet for a full description of possible side effects

## PRECAUTIONS FOR DISPOSAL<sup>1</sup>

Any unused medicinal product or waste material should be disposed of in accordance with local requirements.

# REPORTING OF SIDE EFFECTS

Reporting of side effects. If you get any side effects, talk to your doctor, pharmacist, or nurse. This includes any possible side effects not listed in the package leaflet. You can also report side effects directly via the Yellow Card Scheme at [www.mhra.gov.uk/yellowcard](http://www.mhra.gov.uk/yellowcard). By reporting side effects, you can help provide more information on the safety of this medicine. Adverse events should also be reported to Accord-UK LTD on 01271 385257 or email [medinfo@accord-healthcare.com](mailto:medinfo@accord-healthcare.com)



## REFERENCES:

**1.** Naloxone 1.26mg nasal spray Summary of Product Characteristics. **2.** Naloxone 1.26mg nasal spray Patient Information Leaflet. **3.** WHO Opioid Overdose, available at: <https://www.who.int/news-room/fact-sheets/detail/opioid-overdose>. Accessed March 2023. **4.** WHO Community management of opioid overdose, available at: <https://www.who.int/publications/i/item/9789241548816>. Accessed March 2023. **5.** EMCDDA Preventing opioid overdose deaths with take-home naloxone, available at: <https://www.emcdda.europa.eu/system/files/publications/2089/TDXD15020ENN.pdf>. Accessed March 2023.



Naloxone 1.26mg nasal spray