

Instructions for Use

 **NARCAN[®]** (naloxone HCl)
NASAL SPRAY 4mg

NARCAN[®] Nasal Spray is used to treat someone who has overdosed on opioids. It can be used to reverse the effects of the overdose until medical help arrives.

Giving NARCAN[®] Nasal Spray to a person because of a non-opioid overdose is unlikely to cause more harm. For a list of serious warnings, precautions, and contraindications, refer to the Product Monograph.

Important:

- While NARCAN[®] Nasal Spray can be administered by a non-health care professional, it is not intended to be a substitute for professional medical care. **Always seek emergency medical assistance (call 911), or ask someone to call for you, in the event of a suspected opioid overdose. If you encounter problems on how to administer NARCAN[®] Nasal Spray or any other problem, the 911 operator will guide you.**
- Do not test the NARCAN[®] Nasal Spray device. Keep NARCAN[®] Nasal Spray in its packaging until it is needed.
- NARCAN[®] Nasal Spray is for use in the nose only.
- Each NARCAN[®] Nasal Spray device contains only 1 dose and cannot be reused.
- You may need to help the person who received NARCAN[®] Nasal Spray. They may have a reaction (i.e., becoming aggressive, shaking and/or vomiting). Special attention should be given to newborns (less than four weeks old) and pregnant women, as some of these reactions can be life-threatening.

Always read the label and follow directions for use.

Signs of opioid poisoning

- Pale and clammy skin
- Extreme drowsiness or passing out
- Not responding to shouting, shaking of shoulders or firmly rubbing middle of chest
- Slowed or no heartbeat
- Pinpoint-sized pupils (the dark centre of the eye)
- Breathing that is very slow, irregular or has stopped. This can lead to cyanosis (changes in the the colour of skin, lips, tongue, fingers, and nail beds)

Possible side effects of NARCAN[®] Nasal Spray

- Swelling or dryness in the nose
- Runny or congested nose
- Yawning
- Nervousness
- Pain
- Aggressive behaviours, irritability, restlessness, agitation
- Increased blood pressure or heart rate
- Nausea, vomiting, diarrhea, abdominal cramps
- Shivering, chills, tremors, trembling, fever, sweating
- Weakness
- Seizures, shaking, muscle spasms
- Dizziness, headache

Recognizing cyanosis

Cyanosis (changes in the colour of skin, lips, tongue, fingers, and nail beds) may appear differently based on a person's skin tone

- **Light-skinned patients:** cyanosis may present as a dark bluish tint to the skin and mucous membranes
- **Dark-skinned patients:** cyanosis may present as grey or whitish skin around the mouth, and the conjunctivae (the mucous membrane that covers the front of the eyes) may appear grey or bluish
- **Patients with yellowish skin:** cyanosis may present as a greyish-greenish skin tone

See reverse side for instructions



For more information on NARCAN[®] Nasal Spray, visit narcannasalspray.ca or consult the Product Monograph.

References:

1. NARCAN[®] Nasal Spray Product Monograph. Emergent BioSolutions Canada Ltd. March 5, 2021.
2. Color awareness: A must for patient assessment - American Nurse. Located at: <https://www.myamericannurse.com/color-awareness-a-must-for-patient-assessment/>. Accessed June 23, 2021.
3. Cyanosis – Signs & Symptoms. McMaster Textbook of Internal Medicine. Located at: <https://empendium.com/mcmtxtbook/chapter/B31.1.1.30>. Accessed July 5, 2021.

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Step 1: Identify Opioid Overdose & Call for Emergency Medical Help



Check for signs of an opioid overdose:

- Person DOES NOT wake up after you shout, shake their shoulders, or firmly rub the middle of their chest.
- Breathing is very slow, irregular or has stopped.
- Centre part of their eye is very small, like a pinpoint.

Call 911 or ask someone to call for you.

Lay the person on their back.

Step 2: Give NARCAN[®] Nasal Spray



Remove device from packaging. **Do not test the device.** There is only one dose per device.

Tilt the person's head back and provide support under their neck with your hand.



Hold the device with your thumb on the bottom of the plunger. Put your first and middle fingers on either side of the nozzle.



Gently insert the tip of the nozzle into one nostril. Your fingers should be right up against the nose. If giving to a child, make sure the nozzle seals the nostril.



Press the plunger firmly with your thumb to give the dose.

Remove the device from the nostril.

Step 3: Evaluate and support



Move the person on their side (recovery position). Watch them closely.

Give a second dose after 2 to 3 minutes if the person has not woken up or their breathing is not improved. **Alternate nostrils with each dose.**

Note: Each NARCAN[®] Nasal Spray device contains only one dose; use a new device for each additional dose.

You can give a dose every 2 to 3 minutes, if more are available and are needed.

Perform artificial respiration or cardiac massage until emergency medical help arrives, if you know how and if it is needed.

For a list of serious warnings, precautions and contraindications, refer to the Product Monograph.