

# Instructions for Use

 **NARCAN**<sup>®</sup> (naloxone HCl)  
**NASAL SPRAY 4mg**

NARCAN<sup>®</sup> 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<sup>®</sup> 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<sup>®</sup> 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<sup>®</sup> Nasal Spray or any other problem, the 911 operator will guide you.**
- Do not test the NARCAN<sup>®</sup> Nasal Spray device. Keep NARCAN<sup>®</sup> Nasal Spray in its packaging until it is needed.
- NARCAN<sup>®</sup> Nasal Spray is for use in the nose only.
- Each NARCAN<sup>®</sup> Nasal Spray device contains only 1 dose and cannot be reused.
- You may need to help the person who received NARCAN<sup>®</sup> 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<sup>®</sup> 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<sup>®</sup> Nasal Spray, visit [narcannasalspray.ca](http://narcannasalspray.ca) or consult the Product Monograph.

## References:

1. NARCAN<sup>®</sup> 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<sup>®</sup> 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<sup>®</sup> 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.