



Naloxone (Narcan) Nasal Spray Guide

What is Narcan?

Naloxone (Narcan) is a medication that can **reverse an opioid overdose**. It works by quickly (within 2-3 minutes) blocking the effects of opioids on the brain.

- Safe and easy to use - Will not harm someone if opioids are not present.

When should you use Narcan?

Use Narcan if someone shows signs of an opioid overdose:

- Unresponsive or won't wake up
- Pinpoint (very small) pupils
- Gurgling or choking sounds
- Slow, shallow, or stopped breathing
- Blue or gray lips or fingertips
- 🙌 If unsure, **use it anyway**—it is safe to give.

How to use Narcan nasal spray

1. Call 911 immediately
2. Lay the person on their back and tilt their head back and support their neck
3. Insert the tip of the spray into one nostril and press the plunger firmly to give the dose

After giving Narcan

- Watch for response (breathing, waking up)
- If no response after 2–3 minutes, give a **second dose** in the other nostril
- Place the person on their side (recovery position) and stay with them until emergency help arrives

Important things to know

- Narcan works for **30–90 minutes**, but opioids can last longer → overdose can return
- The person may wake up confused, upset, or in withdrawal
- Always call 911, even if they wake up

Storage and safety

- Keep at room temperature and in an easy-to-access location
- Check expiration date regularly and tell friends and family where it is and how to use it

Who should carry Narcan?

- Anyone taking opioid medications
- People with a history of opioid use
- Family or friends of someone at risk

Quick reminder

Narcan saves lives. Having it nearby and knowing how to use it can make a critical difference in an emergency. *If you have questions about Narcan or overdose prevention, please contact our office.*