

Opioid Safety Plan

Share this plan with your family, friends or carer

Make a plan

1. Keep naloxone in an accessible place at home ☐
2. Ensure that others in your home know what naloxone is, where it is stored and how to use it ☐
3. Familiarise yourself and others with the symptoms that might indicate severe opioid side effects (or an 'overdose') ☐
4. Make sure your opioids are stored safely and out of reach of children and/or pets. ☐

My naloxone is kept:

My naloxone expires on:

Reduce your risk



Do not mix opioids with alcohol or other sedative medicines



Always stick to your prescribed dose



Use strategies to remember when you have taken your medicines (e.g. webster packs, marking off on a calendar)



Stick to the same doctor and pharmacist for your treatment



Ask your pharmacist or doctor about other ways of managing pain

Recognise the symptoms



Extreme drowsiness. Someone is very hard to wake up (like a deep sleep), not responsive or slumped over



A blue tinge on lips and/or nails with lighter skin or greyish/ashen colour with darker skin



Someone is struggling to breathe or if they are snoring or gurgling



The eyes have pinpoint pupils



The skin is cold and clammy to the touch

In case of emergency

1

Call an ambulance (000).

Naloxone only works temporarily (for around 20 minutes), so make sure the ambulance is on the way.

2

Administer naloxone

Spray one dose into the nostril

If using the injection, inject one dose into the outer shoulder or thigh muscle.

Note the time of administration

If no response after 2-3 minutes, repeat the dose.

3

Place in the recovery position and stay until help arrives. Ensure the airway is clear and the person is on their side.

Maximising Opioid Safety

Prepare for the unexpected. Keep Naloxone at home for opioid emergencies

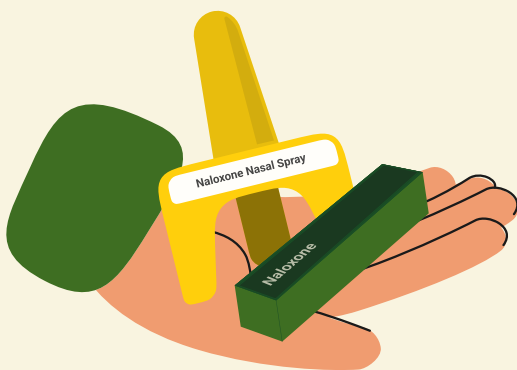
Why do I need an opioid safety plan?

- While opioids can be highly effective in reducing pain, they are also strong medicines that can have severe side effects. Developing an opioid safety plan in advance with your doctor means you have steps in place to prevent an opioid emergency.
- It is best to share your safety plan with the other people in your home so that, in the event of an emergency, they will know what symptoms to look for and what to do.



Why should I have naloxone at home?

- Naloxone temporarily reverses the effects of opioids. If you suspect someone has had a severe reaction to opioids - if their breathing has slowed or stopped, if they are unresponsive or if they are displaying any other signs of a severe reaction, then administering naloxone could save their life.
- It's **safe**. Even if naloxone is given to someone who has not taken opioids (e.g. someone may be unconscious for other reasons), it will not do any harm.
- Naloxone can be administered while waiting for emergency services to arrive. This could save a life.



Naloxone is available as a nasal spray and an injection (like an EpiPen). It is free and readily available at most pharmacies without a prescription.

What increases opioid-related risk?



Increasing your dose (e.g. for more intense pain)



Having multiple prescriptions (e.g. accidentally doubling up)



Combining opioids with alcohol or other medicines that make you feel drowsy (e.g. sleeping pills or other pain medicines)



Other health concerns (such as liver, kidney, or lung conditions)



Someone else taking your opioid pain medicines

What are the most severe opioid-related risks?

- Severe reactions (loss of consciousness, slowed breathing) can be fatal
- This is sometimes called 'overdose' even when it happens from taking your prescribed dose
- Severe reactions are quite common, and can sometimes happen even when you follow the directions - that's why it's important to be prepared