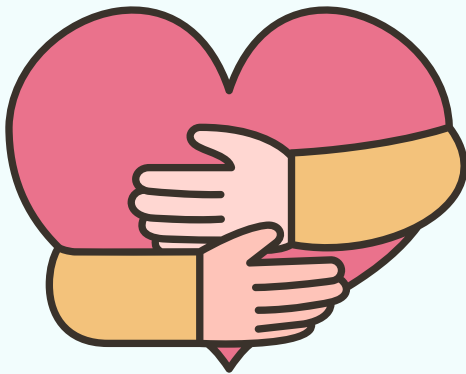


Naloxone: Simple Steps That Save Lives

.....♥.....

*Learn How to Respond to
an Opioid Overdose*





What is an **opioid**?



Opioids are medications that can be prescribed for moderate to severe pain. They work by changing the way we feel pain.



It's worth noting that some street drugs also contain opioids.



**What are the
common opioids?**



Generic Name	Common Brand Names
Morphine	Statex, Kadian, MS Contin, M-Eslon
Hydromorphone	Dilaudid, Hydromorph Contin
Oxycodone	Oxyneo, Percocet
Tramadol	Zytram, Tridural, Tramacet, Durela
Codeine	Tylenol #1, #2, #3, and #4
Buprenorphine	Butrans, Suboxone
Fentanyl	Duragesic

*Opioids may be **helpful** for:*



- ✓ Providing some relief of moderate to severe acute or chronic pain.
- ✓ Palliative care.
- ✓ Opioid use disorder.

*Opioids may also cause **harm**, including:*



- X Drowsiness, nausea, vomiting, constipation, and other side effects.
- X Addictive effects.
- X Overdose and death.



WARNING

ANYONE taking opioids can experience toxicity symptoms (meaning there is too much opioid in the body)!



🔍 Symptoms of opioid toxicity: ✕

☐ Slowed/no breathing AND breathing changes (gurgling)



☐ Not responding to yelling or squeezing hands.



☐ Blue lips



☐ Pale, cold skin



☐ Very small, pinpoint pupils





What might increase the risk of opioid toxicity?



- ☐ People older than 65
- ☐ Health conditions that affect breathing
- ☐ Taking high doses of opioids
- ☐ Missing a few days of taking an opioid and then restarting again
- ☐ Recent increases in the amount of opioid being taken
- ☐ Drinking alcohol
- ☐ Taking other medications such as:
 - ☐ Sleeping pills (e.g., zopiclone)
 - ☐ Some nerve pain pills (e.g., gabapentin, pregabalin)
 - ☐ Anxiety pills (e.g., lorazepam)





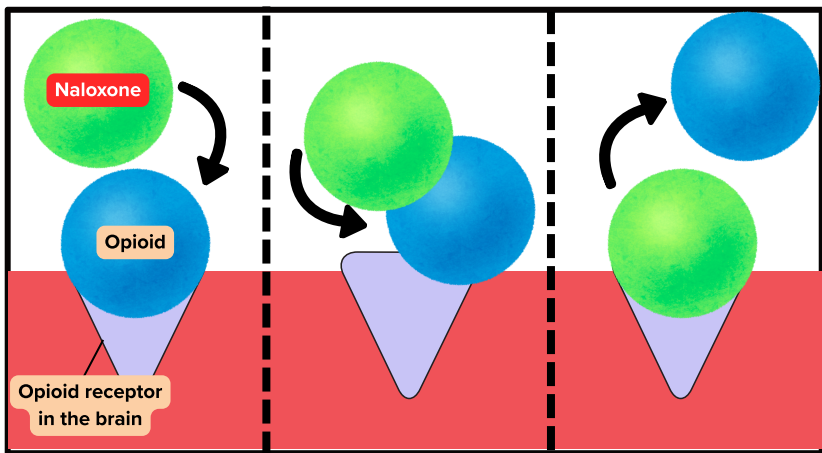
What is **naloxone**?



Naloxone is a medication that can reverse opioid toxicity/overdose. When given, it can displace opioids in the body.



This image illustrates how naloxone works in the body:



We can think of opioids fitting into seats in our body to produce their effect. If too many seats are filled by opioids, toxicity can occur. Naloxone has a stronger attraction to these seats, so it will temporarily kick the opioids out and take their place.

What's included in each naloxone kit?

NALOXONE

1



2-3 auto-retractable safety syringes

2



Gloves, one-way rescue breathing mask, and three alcohol swabs

3



2-3 ampoules contain 1mL of Naloxone (0.4mg/mL) and three ampoule breakers

4



Instruction sheet with steps to respond to opioid overdose



***Naloxone may be administered as either
nose spray or injection into the muscle!***



Injection Into The Muscle



Advantages

- ✓ Can be picked up for free at select pharmacies and clinics in Saskatchewan.
- ✓ Quick acting.

Disadvantages

- X Steps to prepare a dose can be quite complicated.
- X Individuals with shaky hands may find it hard to use.

←..... **VS**→

Nose spray



Advantages

- ✓ Easier to use.
- ✓ Does not require preparation of a dose.

Disadvantages

- X Can be expensive (individuals covered under Non-Insured Health Benefits or Veterans Affairs Canada can pick it up for free at select pharmacies).



*A prescription is **NOT** required to
get naloxone at a pharmacy.*

SAVE ME steps

The following steps describe how to respond to opioid toxicity.

S

Stimulate

Suspect opioid toxicity? Call 911.

A

Airway

Lie on back and tilt chin up slightly. Remove gum or other substances from the mouth if needed.

V

Ventilate

Give them 1 breath every 5 seconds.

E

Evaluate

Evaluate breathing.

M

Medication

Give 1 dose of naloxone. If you do not have another dose to give, continue giving rescue breaths as needed until help arrives

E

Evaluate & Support

Assess responsiveness and keep giving breaths. Give another dose every 3 minutes until breathing normally. Give 1 breath every 5 seconds or so and no gurgling or choking sounds.

When should naloxone be used?

 **If opioid toxicity is suspected, naloxone should be given right away.**

When in doubt, it's better to administer naloxone. This life-saving medication can be effective even if opioids aren't the cause of the problem. However, it's important to remember that naloxone can trigger acute opioid withdrawal, which "can be uncomfortable." Continue to provide support and reassurance until help arrives.





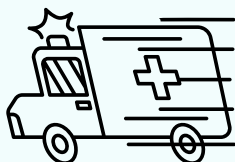
Next steps after a dose of naloxone was given



1. Continue with rescue breaths and provide extra naloxone doses as per the SAVE ME steps on page 9.

2. Stay with the individuals until first responders arrives and “try to” help them stay calm. Do not let them use an opioid again.

Naloxone will cause temporary opioid withdrawal symptoms such as agitation, nausea, vomiting, and a fast heart rate!





*Naloxone is a **LIFE-SAVING** medication.*

***ANYONE** who thinks they might benefit from a naloxone kit should have one!*



- Opioids can cause toxicity even when taken as prescribed.



- Children might accidentally take medication that's not stored properly.



- You could forget to take your medication and accidentally take it again.



*Individual experiencing opioid toxicity will not be able to give themselves naloxone. It is **VERY IMPORTANT** to have someone else there to help them.*



Additional Resources



Naloxone 101 training course ✕



Take Home Naloxone Program Sites ✕





References



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3. Government of Saskatchewan [Internet]. [cited 2026 May 11]. Take Home Naloxone Program Sites | Opioids. Available from: <https://www.saskatchewan.ca/residents/health/accessing-health-care-services/mental-health-and-addictions-support-services/alcohol-and-drug-support/opioids/take-home-naloxone-program-sites>
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5. Morphine (Systemic) (Lexi-Drugs) - UpToDate® Lexidrug™ [Internet]. [cited 2026 May 11]. Available from: <https://online.lexi.com>

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of this booklet*



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