

Needle-free opioid overdose reversal.[1]

NYXOID®
naloxone

A guide for patients and carers in using Nyxoid® Nasal Spray to reverse an opioid overdose.

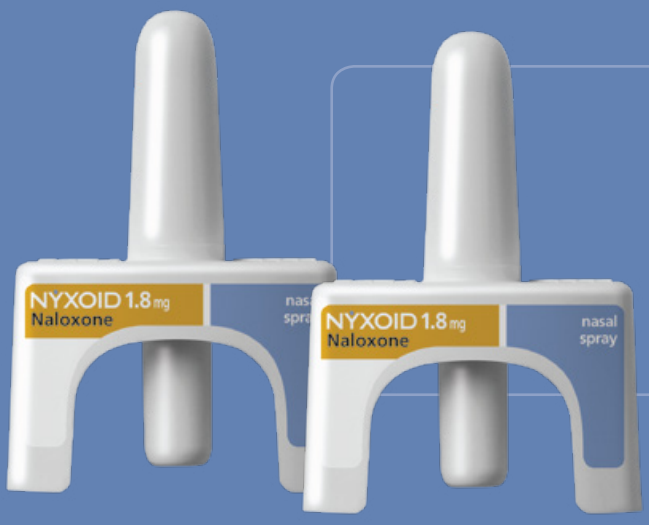
Your doctor or pharmacist has recommended that you carry Nyxoid® nasal spray.

What is in a pack of Nyxoid®?

A Consumer Medicine Information (CMI) leaflet.

The outer carton also has a printed expiry date.





Two blister packs, each containing a nasal spray single-dose unit.

A Quick Start Guide is printed on the back of the blister pack with pictograms showing how to use Nyxoid® nasal spray.





A guide for Patients and Carers - Nyxoid® nasal spray (naloxone)

What is Nyxoid®?

Nyxoid® is a single-dose nasal spray used as part of the emergency treatment of an overdose of heroin or other opioid drugs. Each pack contains 2 nasal sprays (2 single doses).

Signs of overdose include breathing problems. severe sleepiness, and not responding to a loud noise or touch.

Nyxoid® is designed as an emergency rescue treatment only; you must get emergency medical attention as soon as possible after its use.

Nyxoid® should be carried by anyone at risk of overdosing on an opioid. Carers such as close family or friends should know where to find Nyxoid® in case of emergency.

When to use Nyxoid®

If you know or suspect that someone has overdosed on an opioid drug, use Nyxoid® as described on the other side of this leaflet.

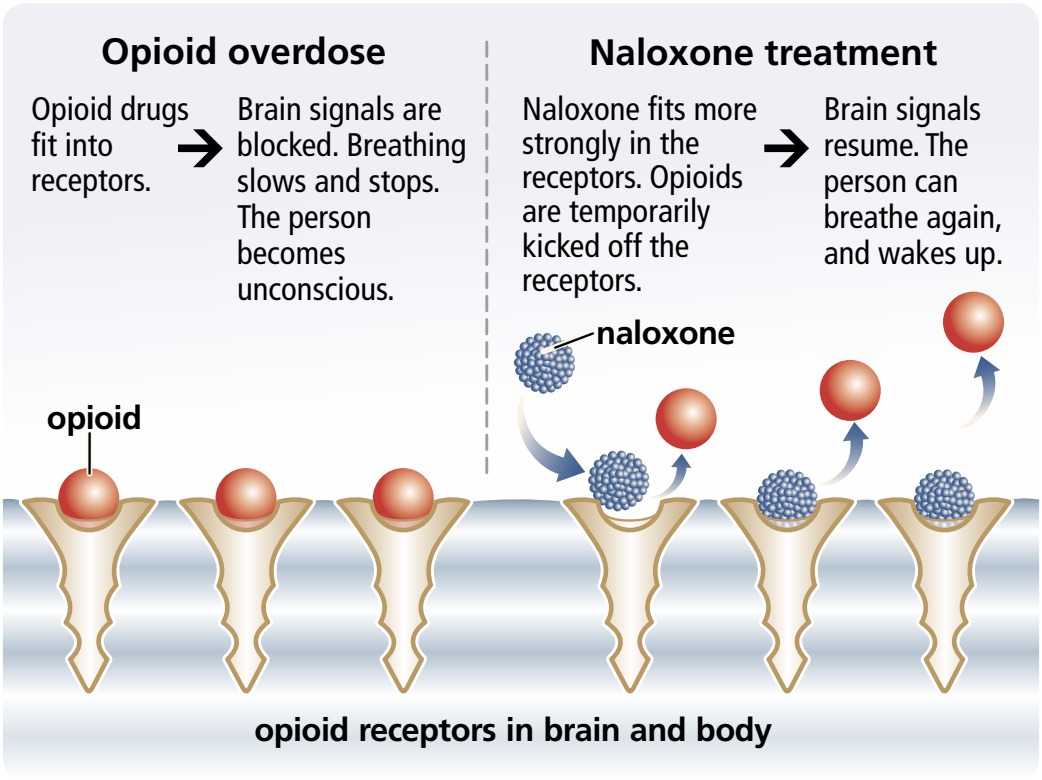
- **ALWAYS call an ambulance immediately**, even if the person wakes up — they may become unconscious again, and stop breathing.
- **Take care**: a person treated with Nyxoid® may show acute withdrawal symptoms, which can be dangerous.

If you carry Nyxoid®...

Set an alert in your calendar for 1 month before your Nyxoid® is due to expire. Then arrange for a replacement.

How does Nyxoid® work?

Nyxoid® contains **naloxone**, which temporarily reverses the effect of opioid drugs. Naloxone works by displacing opioid drug molecules from their receptors in the brain and body.





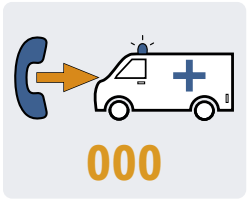
A guide for Patients and Carers - Nyxoid® nasal spray (naloxone)

1 Check for signs of overdose

- **Approach with care**. Check for dangers, such as injecting materials that might be lying around
- **Check for a response**, to see if the person is conscious. You can:
  - shout their name
  - gently shake their shoulders
  - talk loudly into their ear
  - rub their breastbone (sternum)
  - pinch their ear or the bed of their fingernail
- **Check airways and breathing**
  - **Clear the mouth and nose** of any blockages
  - For 10 seconds, **check for breathing** — Is the chest moving? Can you hear breathing sounds? Can you feel breath on the cheek?
- **Check for signs of overdose**, such as:
  - no response to touch or sounds
  - slow, uneven breathing or no breathing
  - snoring, gasping or gulping
  - blue or purple fingernails or lips

2 Call an ambulance 000

Always call for emergency services immediately, even if the person wakes up.



! Nyxoid is not a substitute for emergency medical care or basic life support (such as CPR).

- Put your phone in loudspeaker mode if possible, to keep your hands free
- **Give emergency services as much information as you can**, including:
- your exact location and postcode (if known)
- what substances you think the person may have taken
- whether they are conscious and breathing
- that you plan to give Nyxoid® nasal spray

3 Give Nyxoid if you know or suspect an opioid overdose

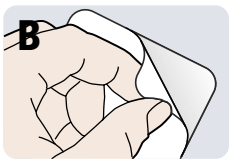
Each nasal spray contains **one dose only**.

A



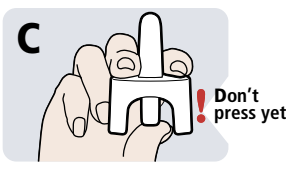
Lay the person on their back. Support the back of the neck, and let the head tilt back. Check that the nose is clear before giving Nyxoid®. If it is blocked, use a tissue to clear the nose

B



Peel off the back of the Nyxoid container. Remove the nasal spray and place it within easy reach.

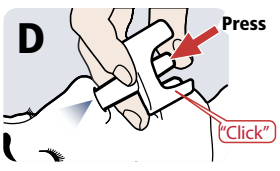
C



Hold the spray as shown — first two fingers either side of the nozzle, thumb ready to push the plunger.

! Don't press to prime or test before use.

D



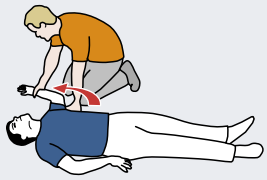
Gently insert the spray nozzle into **one nostril. Press firmly** on the plunger **until it clicks** and gives the dose. **Remove the nozzle** from the nostril. If possible, note which nostril you used.

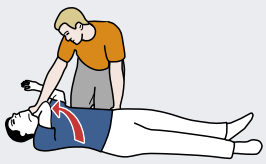
4 Put into recovery position

A Place nearest arm at right angle to body, with arm bent

B Bring other arm across chest

Place back of person's hand against cheek

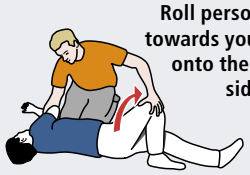




C Grasp far leg just above knee

Lift knee

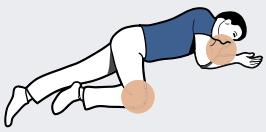
Roll person towards you, onto their side



Support head, keeping back of hand against cheek

D **Final position:**

Hand supports head



Top leg bent at hip and knee. Their mouth should be open pointing towards the ground



5 Monitor until help arrives

- **Stay with the person**. Watch for an improvement in breathing, alertness, and their response to sound and touch.
- Be aware – even if they wake up, they may become unconscious again, and stop breathing.

6 Lack of response within 2 - 3 minutes give 2nd dose

- If there's no improvement after 2–3 minutes, or if overdose symptoms come back: **use a new Nyxoid® nasal spray in the other nostril**. (Repeat Step 3). You can do this while the person is in the recovery position.
- If the person is unconscious and not breathing normally, give basic life support (such as CPR) if you are trained to do so.*
- Once the patient is breathing normally, do not administer further doses of Nyxoid®.

7 Take care for your own safety

- Nyxoid® can cause **acute withdrawal symptoms** if the person is dependent on opioid drugs
  Symptoms can include:
  - body aches and cramps
  - vomiting, nausea, diarrhoea
  - fever, runny nose or sneezing
  - sweating, shivering or trembling
  - nervousness or irritability

Some people may seem to act aggressively as they wake up.

! **Take care for your own safety.**

8 When the ambulance arrives

- **Immediately tell them what has happened and that you have given Nyxoid®.**
  Give them any used Nyxoid® nasal spray(s).

Disposal of used nasal sprays

If you forget to give the used sprays to the paramedics, pass them to a healthcare professional or pharmacist, and arrange for replacements. **Never** throw away the sprays in water waste or household waste.

*For more information about training in basic life support, refer to the **Australian Resuscitation Council** https://resus.org.au or Healthdirect https://www.healthdirect.gov.au/how-to-perform-cpr

Reference: 1. Nyxoid nasal spray Product Information, September 2018.

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