



Needle-free opioid overdose reversal.¹

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

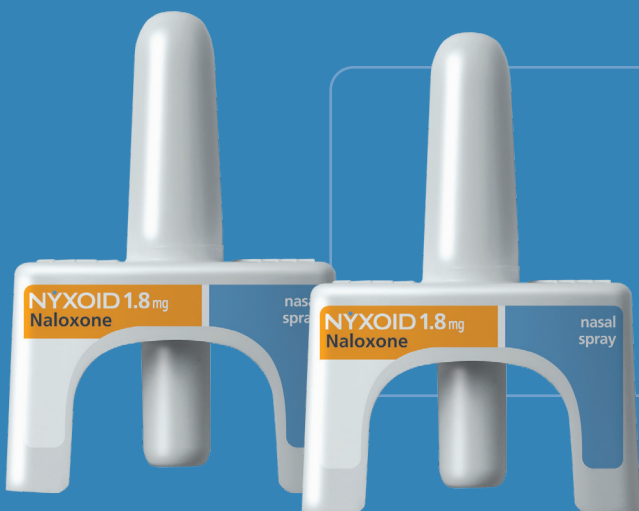
Your doctor or pharmacist has recommended that you carry Nyxoid[®] nasal spray.

What is in a pack of Nyxoid[®]?

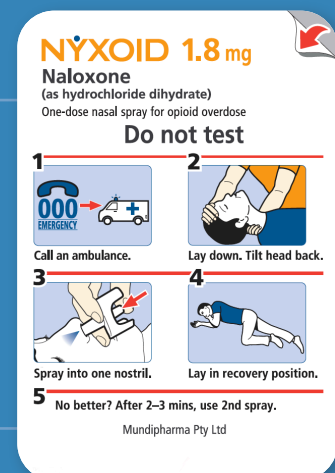
A Consumer Medicine
Information (CMI) leaflet.



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.





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.

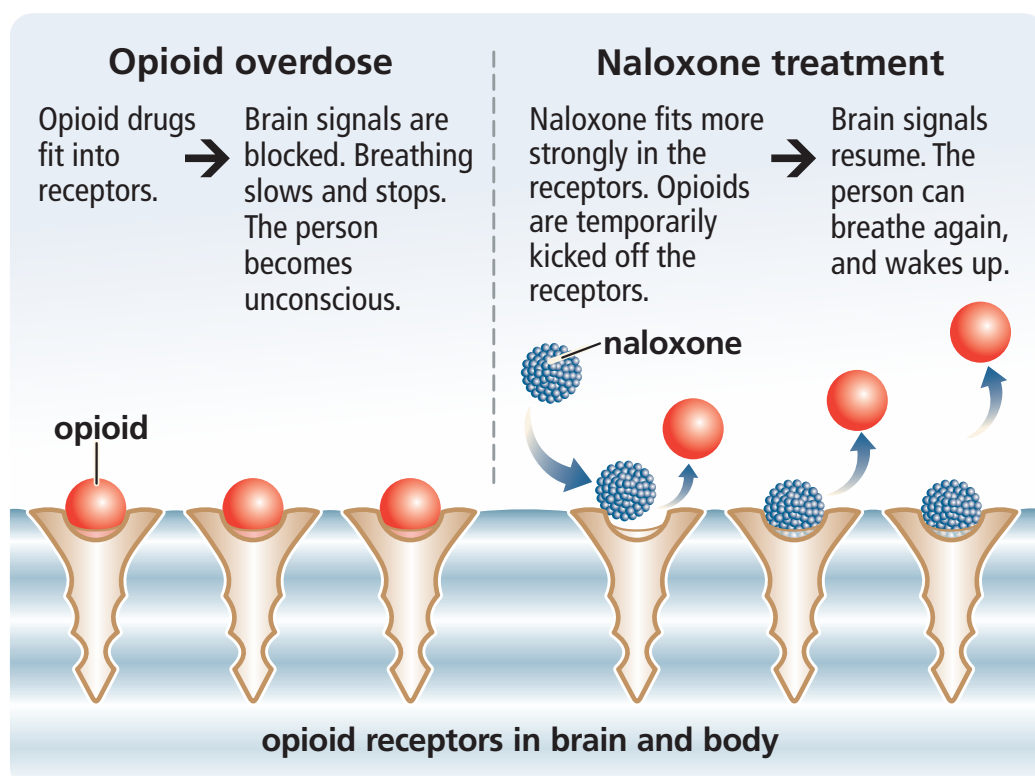
- ! **ALWAYS call an ambulance immediately**, even if the person wakes up — they may become unconscious again, and stop breathing.
- ! **Take care:** a person treated with Nyxoid® may show acute withdrawal symptoms, which can be dangerous.

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.





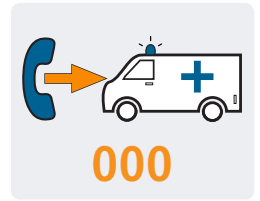
1 Check for signs of overdose

- **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

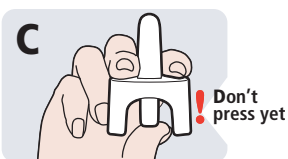
Each nasal spray contains **one dose only**.



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

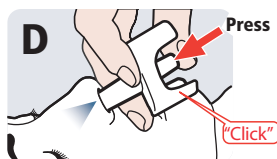


Peel off the back of the Nyxoid container. Remove the nasal spray and place it within easy reach.



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

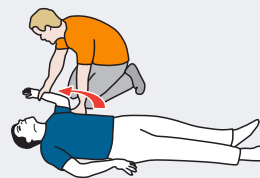
! Don't press to prime or test before use.



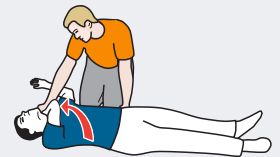
Gently insert the spray nozzle into **one nostril**. Press firmly on the plunger until it clicks and gives the dose. Remove the nozzle from the nostril. If possible, note which nostril you used.

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

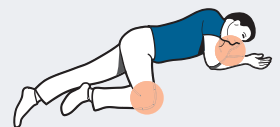


C Grasp far leg just above knee
Lift knee
Roll person towards you, onto their side



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.

® NYXOID is a registered trade mark of MUNDIPHARMA. Mundipharma Pty Limited ABN 87 081 322 509, 88 Philip Street, Sydney NSW 2000. Tel: 1800 188 009. ORBIS AU-4839 Oct 18. NYX0010

