Nyxoid is a single-dose nasal spray for emergency use after an overdose of opioid drugs (such as heroin, methadone, fentanyl, oxycodone, buprenorphine or morphine). Each pack contains 2 sprays (2 single doses). Nyxoid is not a substitute for emergency medical care.

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.

What is Nyxoid?
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.

How does Nyxoid work?
Naloxone fits more strongly in the receptors. Opioids are temporarily displaced from receptors. Brain signals resume. The person can breathe again, and wakes up.

Opioid overdose
- Opioid drugs fit into receptors.
- Brain signals are blocked. Breathing slows and stops. The person becomes unconscious.

Naloxone treatment
- Naloxone fits more strongly in the receptors. Opioids are temporarily displaced from receptors.
- Brain signals resume. The person can breathe again, and wakes up.

Opioid receptors in brain and body

Quick reference
For full instructions, turn to the other side of this leaflet.

1. Check for signs of overdose
2. Call an ambulance
3. Give Nyxoid
4. Put into recovery position
5. Monitor and give support until the ambulance arrives
6. Give 2nd dose of Nyxoid if no improvement after 2–3 minutes OR overdose symptoms come back
7. Take care for your personal safety: watch for acute withdrawal symptoms
8. Dispose of used Nyxoid and get a replacement

This leaflet tells you:
- How to recognise symptoms of an opioid overdose
- What to do
- How to give Nyxoid
- How to recognise acute withdrawal symptoms

For more information
Visit www.nyxoid.com/uk

There is also a Quick Start Guide on the back of the Nyxoid container.

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Date of preparation: July 2018   Job code: UK/NYX-18003
What to do: step-by-step

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

2 Check airways and breathing
   • Check the mouth and nose for any blockages
   • For 10 seconds, check for breathing — is the chest moving? Can you hear breathing sounds? Can you feel breath on the cheek?

3 Give 1 spray of Nyxoid
   Each nasal spray contains one dose only.
   • Peel off the back of the Nyxoid container. Remove the nasal spray and place it within easy reach.
   • Lay the person on their back. Support the back of the neck, and let the head tilt back. Clear away anything you see blocking their nose.
   • 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
   • Place nearest arm at right angle to body, with arm bent
   • Bring other arm across chest. Place back of person’s hand against cheek
   • Grasp far leg just above knee. Lift knee. Roll person towards you, onto their side
   • Support head, keeping back of hand against cheek
   • Top leg bent at hip and knee

5 Monitor until help arrives
   • Stay with the person. Watch for an improvement in breathing, and their response to sound and touch
   • If the person is unconscious and not breathing normally, give basic life support (such as CPR) if you are trained to do so*
   • Be aware — even if they wake up, they may become unconscious again, and stop breathing

6 No response? Give 2nd dose
   • If there’s no improvement after 2–3 minutes, or if overdose symptoms come back: use a new Nyxoid spray in the other nostril. You can do this while the person is in the recovery position

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 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.

*N for more information about training in basic life support, refer to the Resuscitation Council [https://www.resus.org.uk/#]