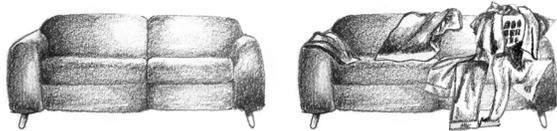


Environment

Take into account the space someone is using drugs in. Can it be easily navigated? Everyone will have their “icks” and it helps to acknowledge them and incorporate them into your preparation.

Presto, NEXT Participant Support Services Coordinator

“When I am going through withdrawal, I feel a greater sense of dread/dysphoria if my room is messy and cannot be easily moved through so I try my best to keep the space where I use drugs as tidy as possible.”



Noelle, NEXT Resource Navigator

Overdose Testimonial (POV of a PWID):

“Overdosing and almost losing my life on multiple occasions, each time, was one of the most traumatizing events of my life. I was lucky enough to have been found in my most vulnerable moments and revived through means of IV and Intranasal naloxone, but, in those moments, I felt stripped of respect. People looked me in my face as if I hit them. I wished for nothing more than to be met with kindness, calmness, and unconditional love and understanding, but it always felt like the opposite. It was like I’d hurt them and done them a disservice. Every time I’d been revived it was a chaotic mess. There was yelling, being asked what was wrong with me, berating me about my closeness to death, all the while I was violently ill and shaking viciously from the relentless and excruciating pain of precipitated withdrawal. I hope my contribution in this resource allows others to meet PWUD with compassion, warmth,

and a gentle helping hand when they’re being revived with naloxone. PWUD deserve respite from chaos. Endless solidarity and love from Noelle and from NEXT.”



This care plan/readiness doc will serve as a living resource, we will continue to edit and add to it as we learn and understand more about naloxone and the precipitated withdrawal it causes.

We would like to thank you for carrying naloxone and knowing or learning how to use it.

You can access the naloxone training video and other resources and information on our website:
www.nextdistro.org

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NEXT Distro
STAY ALIVE, STAY SAFE.

Effects of Naloxone: A Post-OD Care Plan

Created by the Support Service Staff of NEXT Distro

Presto C and Noelle C

PWUD=People Who Use Drugs; PWID=People Who Inject Drugs

We at NEXT Distro want to be able to use our experiences to inform and educate people whether they use drugs, know people who use drugs, or simply engage with drugs, and drug use on a societal level. We know firsthand, and secondhand from participant accounts, that being revived through naloxone, while lifesaving, is usually a very unpleasant experience for both the overdosed individuals and the individual who administers naloxone. Harm reduction organizations have been distributing the lifesaving drug to drug users and their acquaintances across the country. We believe there is not enough discussion around the effects of naloxone on overdosed individuals (especially at higher doses), and there’s a lack of resources available to address this issue.

www.nextdistro.org

SMS/Signal 646-389-0752

Reddit /u/nextdistro

Email info@nextdistro.org

What do we mean by that?

What people are told about administering naloxone is that the individual overdosing will be “angry”, “upset”, or “uncomfortable” for some time after naloxone administration. We believe these discussions have been disingenuous because they do not name specific side effects, the severity of those effects, and what could be done to improve the traumatic experience of overdose and its reversal. This leaves the individual who overdosed and anyone in the vicinity in a physically and emotionally vulnerable state that can turn traumatic very quickly if not handled appropriately. As a result of this analysis and understanding, we have developed this brief overdose preparedness resource in order to prepare our people for what may come, and to also inform anyone who wishes to gain a greater understanding of the topic at hand.

How does naloxone work?

Naloxone is a medication approved by the FDA designed to rapidly reverse opioid overdose. It is an opioid antagonist—meaning that it binds to opioid receptors and can reverse and block the effects of other opioids. Naloxone is a temporary treatment and can be administered intranasally, intramuscularly, subcutaneously (under the skin), or via intravenous injection.

The reason it makes people feel sick is because when those receptors are bound to the naloxone and the effects of other opioids are blocked,

the result is **acute opioid withdrawal or precipitated withdrawal. Generally, the side effects can last anywhere from 40 to 90 minutes.**



In order to reduce the chances of precipitated withdrawal, we encourage individuals who use drugs or know PWUD/PWID to learn how to administer and use/carry intramuscular naloxone because you can determine the dosage for the individual much easier. Ideally, you want to use as little naloxone as possible, just enough to bind to the opioid receptors and allow the person who is overdosing to breathe again.

Mental and Physical Side Effects

Naloxone use can put opioid-dependent individuals into precipitated withdrawal. Precipitated withdrawal impacts individuals in a few different ways, including:

- Extreme body temperature dysregulation (extreme hot & extreme cold, one or the other, or simultaneously)
- Feverish chills/Goosebumps (what is sometimes called “gooseneck” skin or “goose pimples”).
- Muscle spasms, usually in the arms/hands/legs
- Abdominal cramps
- Pupil dilation
- Uncontrollable bodily movements (restless legs, general restlessness)
- Extreme malaise
- Vomiting
- Yawning
- Teary eyes
- Diarrhea
- Runny nose
- Headaches
- Dehydration
- Anxiety
- General dysphoria

The pain and mental anguish associated with precipitated withdrawal as well as the overdose itself can be very traumatizing for the individual. Please always take care when discussing this with them and when discussing the event. Please do not disclose anyone’s history of overdose

unless instructed otherwise by the affected person(s). Overdosing is an extremely jarring experience. Once an overdose is reversed, try speaking to the person that overdosed with a calm/quiet demeanor. Most times people won’t know they’ve overdosed until after it’s reversed and they’re notified of the situation, meaning, they likely have no idea what’s going on. Meeting someone with panic while they’re in this state can be detrimental to their wellbeing.

Post-Overdose Care items:

- **Towels:** can be used for warmth, impromptu pillow, and to dry sweat off overdosed individuals
- **Paper towels/Napkins:** can be used to clean up bodily fluids if needed
- **Water/Pedialyte/Gatorade/Powerade:** helps to rehydrate and restore lost electrolytes if needed
- **Mouthwash:** can help individual feel refreshed
- **Plastic bags/Garbage bags:** can assist in clean up
- **Hand Sanitizer:** will help keep hands sanitary before and after overdose response
- **Baby Wipes/Wet Wipes:** Toiletries may be needed during overdose reversal because accidents can happen.
- **Gloves:** PPE can be used to protect all individuals from bacteria and bloodborne pathogens
- **Ibuprofen/Tylenol/Heating Pad:** can soothe soreness that may come with being given naloxone and withdrawal
- **Stomach Medication (Pepto Bismol, Imodium, etc.):** Can assist with possible stomach pains/possible diarrhea from withdrawal
- **Clean linen:** can be used for comfort and warmth
- **Clean set of clothes:** will help individual feel more refreshed and comfortable
- **Blanket:** can make individual feel more comfortable or warm
- **Heater/Fan/Ice packs/Heating Pad:** Can help with temperature regulation

