

## Preventing an Opioid Overdose

Step	Notes
<b>Know the risks of misusing opioids</b>	Risks include developing an opioid use disorder, overdose, infection, and legal repercussions.
<b>Know your tolerance</b>	Tolerance will shift (decrease) after periods of abstinence or when transitioning from one opioid to another.
<b>Know your supply</b>	When supply changes, it can be helpful to do a “tester dose” (10% of a normal dose) to start.
<b>Beware of the dangers of mixing drugs, especially sedatives with opioids</b>	Sedatives include prescription and allergy medications, alcohol, or other recreational drugs.
<b>Try not to use alone</b>	If this does occur, it’s best to make sure someone else is aware and can check in.
<b>Make a safety plan</b>	For an example, see <a href="http://www.tinyurl.com/ty9xest">www.tinyurl.com/ty9xest</a> .
<b>Use drug testing resources, like fentanyl strips</b>	Encourage a “tester dose” (10% of the usual dose) if fentanyl is suspected. Local organizations may distribute fentanyl test strips to identify fentanyl in illicit products. These can keep patients from overdosing.
<b>Have a naloxone kit accessible</b>	Patients should educate family, friends, and those at risk for an opioid overdose on how to use a kit.

From the Clinical Update:  
**“How to Talk to Patients About the Risk of Opioid Overdose”**  
*The Carlat Addiction Treatment Report*, Volume 8, Number 1, January/February 2020  
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