Toxidromes and Their Antidotes

Recognizing the pattern lets treatment start before the lab results arrive

Opi — **Opioids**
pinpoint miosis · respiratory depression · stupor · antidote: naloxone

ACh- — **Anticholinergic**
"red, dry, hot, mad and blind": dry skin, mydriasis, delirium · antidote: physostigmine

ACh+ — **Cholinergic (organophosphates)**
SLUD syndrome: salivation, lacrimation, sweating, diarrhea, miosis · atropine (+ pralidoxime)

Sym — **Sympathomimetic (cocaine, amphetamines)**
agitation, tachycardia, hypertension, mydriasis, sweating

Rx — **Other classic antidotes**
acetaminophen: N-acetylcysteine (best in the first 8-10 h) · benzodiazepines: flumazenil · methanol, ethylene glycol: fomepizole · digoxin: anti-digoxin antibodies · beta-blockers: glucagon

Miosis + apnea
Opioids: naloxone

Miosis + SLUD
Organophosphates: atropine

Dry vs sweaty skin
Anticholinergic vs sympathomimetic

The pupil (miosis or mydriasis) and the skin (dry or sweaty) are the fastest clues