



# COCAINE

## WHAT IS COCAINE?

Cocaine is stimulant drug produced from the leaves of the coca plant, The majority of coca cultivation and cocaine production takes place in Columbia, Bolivia and Peru.

Cocaine and crack are Class A drugs- illegal to have, give away or sell. Possession can get you up to seven years in jail.

Supplying someone else, including your friends, can get you life and an unlimited fine.

Cocaine is frequently 'cut' with other chemicals such as lidocaine, caffeine and sugars, which are used to bulk out the cocaine and mimic some of its effects.

**The purity of 'street level' cocaine can be between 40% and 70%.**

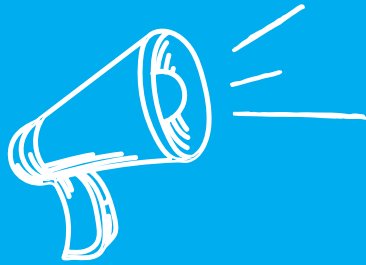
## HOW IS COCAINE USED?

### **Snorted:**

Cocaine in its powder form is usually snorted

### **Smoked:**

Cocaine can be put through a process which turns it into a form of cocaine which can be smoked, also known as Crack and is highly addictive.



## PHYSICAL HEALTH

Physical effects include increased heartbeat and breathing, enlarged pupils, and raised blood pressure and body temperature. Cocaine increases your heart rate and can cause it to beat erratically, constrict blood vessels, increase body temperature and increase the risk of a seizure or a fit.

Cocaine speeds up your heart rate, breathing and brain activity. It can make you feel confident, exhilarated, excited and alert on the way up, but can make you feel paranoid, edgy and anxious on the way down.

Signs of overdose can include, heavy sweating tremors, confusion, hyperactivity, seizures, stroke, and irregular heartbeats. Risk of overdose increases if cocaine is mixed with downers like heroin, sedatives or alcohol.

## WHAT ARE THE RISKS?

### Your Nose:

When snorting cocaine it is absorbed into the bloodstream through the lining of your nose, which shrinks the blood vessels and damages the lining of your nose. Symptoms include sneezing, runny nose, nasal congestion and nosebleeds and nose caving.

### Mental Health:

Cocaine works by altering the balance of chemicals in your brain. When the effects of cocaine wear off you can feel depressed, anxious and paranoid.

The more you use the more you are likely to experience bad feelings. For most people, stopping using cocaine will make these feelings go away, but for some people, especially those who use cocaine regularly, these feelings can continue.

### Dependency:

Unlike alcohol or heroin you can't become physically addicted to cocaine. But, with regular use, you can develop a serious psychological addiction, which can be just as damaging to both your financial and mental health.

### Debt:

Building up a tolerance to cocaine can mean you use more to get the same effect. Spending increasing amounts of money on cocaine can leave you seriously in debt.

### Mixing Drugs:

Mixing drugs with each other leads to unpredictable and potentially dangerous results. Cocaine and alcohol, used together, produces a substance called cocaethylene, which is more toxic than either substance alone.

### Adulterants:

Substance used to 'cut' cocaine, have health implications of their own. Some are banned substances which have been linked to cancer and kidney damage.

## REDUCE THE RISKS

The best way to avoid the risk associated with drugs is not to use drugs. But if you are using, or considering using cocaine, the advice below will help minimise the risks to your health.

- Sharing straws or noses for snorting is very risky. Viruses like Hepatitis and Herpes can be transmitted in snot and blood from the inside the nose
- Chopping the powder as fine as possible before snorting, reduces the damage to your nose.
- Place your straw high up the nostril.
- Change nostrils between each line to lessen damage to one side.
- If your nose is bleeding, take a break.
- Take general care of the nose and use nasal spray to clean out the nose after a session.
- Use less cocaine in each line and space out the time between lines.



## IN CONTROL

If you are using cocaine, follow these tips to stay in control.

- Cocaine will reduce your need to sleep or eat, which in turn can affect your physical and mental health, try to eat a healthy diet and get enough sleep, it will make you feel better.
- Don't mix cocaine with other drugs, particularly alcohol. This can lead to dependence on several drugs, and increase your risk of overdose.
- If you start to feel agitated, confused or too hot, go and chill out somewhere cool, take a friend to keep an eye on you.
- Repeated cocaine reduces the 'high' you achieve when you first use it. You may end up using more to 'chase the high', leading to a expensive and damaging habit. Don't use every day and space out the sessions.
- Try to spend time with friends who do not use or do activities that are not linked to using.



**Scan here to learn more  
and make a referral**