

Cocaine

WHAT YOU NEED TO KNOW



Do you know of a person using Cocaine? However, they declined a referral for support? Here is some helpful information. Please approach conversations with respect and no judgement



Questions to ask

How are you using it?

Sniffing, smoking, or injecting carry different risks. For example, sniffing can damage nasal tissues, while smoking may harm lungs. Injecting has risks of infections and transmission of blood-borne diseases.

Are you mixing with other substances?

Cocaine is often used with alcohol or other drugs, increasing risks like overdose or impaired judgment. Mixing with alcohol produces 'cocaethylene', a toxic compound that increases strain on the heart.

Where are you using?

Cocaine use can increase impulsive behavior and reduce awareness of surroundings, potentially leading to accidents or risky situations. Encouraging a safe environment is critical.

Impact on Health



Nasal Damage

Over time, sniffing cocaine damages the cartilage in your nose. Heavy users can lose this cartilage and end up with one large nostril and a misshapen nose.



Risks on your Heart

Cocaine can increase the risk of fits, heart attack or stroke after using



Risk of Overdose

Risk of overdose increases, especially with high-purity cocaine or when mixed with other substances.



Mental Health Concerns

Increased risk of mental health problems, such as depression, anxiety, or psychosis.

Harm Reduction



Don't use or share banknotes to sniff cocaine - they can spread infections. Use your own straw. If injecting, use new sterile equipment and never share.



Have a sober sitter or someone not using substances



You can never be sure what your bag contains or is mixed with. Make sure it is crushed and take small amounts. Try and alternate nostrils, and don't rush to take more too soon.



Cocaine can suppress appetite and hydration, so regular water and small snacks are important.



Go low and slow if you haven't used in a while. (Low doses, take breaks)

Reducing

·Cocaine is safe to stop in most cases
·A reduction over a period of a few weeks may help manage withdrawal symptoms

1-3 Days

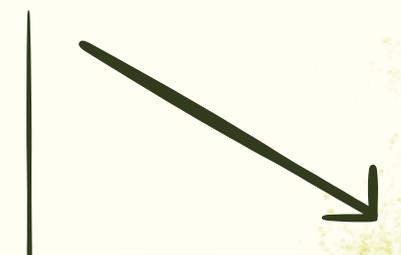
Fatigue, irritability, anxiety, intense cravings, and poor concentration.

4-7 Days

Sleep disturbances, mood swings, continued cravings.

1-2 Weeks

Symptoms stabilize, but cravings may persist. Emotional health may fluctuate.



1-3 DAYS 4-7 DAYS 4-14 DAYS WEEK 2

