

# COCAINE

**Description:** white/creamy grain, powder or rock  
**AKA:** Coke, Charlie, Ching, Toot, Snow, Posh, Rock.

**Effects:** Cocaine is a stimulant drug (upper).  
·Effects begin almost immediately and are short lived, generally lasting for 20 to 40 minutes.

·Possible effects include feelings of well being, decreased appetite, stimulation, sexual arousal and increased focus

**Physical effects** include dilated pupils, increased temperature, heart rate and blood pressure.

·Long term use may cause damage to the nasal tissue. Injecting carries a high risk activity of overdose & possibly transmission of blood born viruses.

·Continued use may leave the user feeling paranoid, panicky, anxious, arrogant, aggressive & lead to withdrawals.

·Come down are generally unpleasant. Low mood, nowty & narky "feeling shite" syndrome.

·There is a risk of overdose which can lead to kidney failure, seizure, stroke and heart attack.

·Long term heavy use (twice week or more) may lead to more negative effects & greater risk of heart problems.

·Regular users build up a tolerance and need to take larger amounts to get the same effect. They can also become dependent & feel they need to take it just to feel 'normal'.

**Taking It :** Powder cocaine is usually chopped into a fine powder with a razor blade or bankcard, then snorted using a rolled up bank note (tooter). Other ways include swallowing it in a wrap of paper, smoking it in a joint or pipe and injecting into the veins.

**Price:** Cocaine is usually sold in grams. The price varies between £35 —£50 a gram depending on quality & the quantity bought at one time.

**Drug Testing:** Urine tests will usually show positive for cocaine for 3-5 days after use. This may vary depending on body mass; frequency of use & quantity used.

**Harm Reduction :**

·Use your own tooter as there is a risk of passing on blood born viruses if they are shared

·Alternate the nostrils used to snort the cocaine, and clean the nostrils after each session (not each line) with nasal douches

·Use a vitamin E oil (available in chemists) to clean the nostrils, to prevent dryness and infection.

·If injecting do not share equipment as this can lead to transmission of HIV, hepatitis and other blood born viruses

·Eat healthily and catch up on sleep (without taking downers or smoking cannabis) Ear Acupuncture can help with this

·Limit and monitor cocaine use so that you don't become dependent

·It is advisable not to mix stimulants with depressants (e.g. alcohol) or antidepressants (e.g. prozac)

## Cocaethylene - Mixing Cocaine with Alcohol

Cocaethylene forms when alcohol and cocaine meet in the liver, it is a chemical that acts in a similar way to cocaine. Some people feel able to drink more alcohol whilst taking cocaine. However, a person may feel less drunk whilst drinking alcohol and taking cocaine, but their judgement will still be as impaired as it would be by just taking alcohol alone. Using cocaine & alcohol together can lead to reduced enjoyment of using either one on it's own in the future.

### Cocaethylene Health Risks:

Studies suggest that cocaethylene may be more toxic than cocaine alone, as it stays in your system for a longer time than cocaine taken by itself, increasing the strain on the heart & increasing the risk of a stroke or heart attack. There is also an increased risk of liver damage.

### Sex:

Cocaine may be used in sex to prolong sexual activity, although sensation may be decreased. Rubbing cocaine into the gums, vagina or anus can cause ulceration. There is a greater risk of damage & an increased risk of transmission of blood born viruses as the numbing effect of cocaine may mean tears go unnoticed. If applied to the penis you last longer but you may not get so much out of sex due to the numbing effect. Prolonged use of cocaine may also decrease your sex drive and can lead to impotence.

## Cocaethylene Warning:

Cocaine and alcohol is one of the drug combinations increasingly reported as involved in drug related deaths.

### Pregnancy:

Cocaine should not be used during pregnancy: risks include increased risk of miscarriage, premature labour and low birth weight

**Law:** Cocaine is a Class A, schedule 1 drug under the misuse of drugs Act 1971. Max penalty for possession is 7 years + unlimited fine. Max penalty for supply / dealing is life +unlimited fine

### Is your use of Cocaine becoming a problem?

If you are beginning to experience problems like anxiety, being unable to sleep, high aggression levels or paranoia, it may indicate that your cocaine use is becoming problematic. For free, confidential advice and support contact us or one of the organisations overleaf.

Crew - take drugs seriously. If you or someone you know wants to chat or for more information about related issues pop in to Crew and we will be happy to help.

# crew

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drop-in opening times  
(mon & tues comin soon)  
1pm - 5pm wed - sat  
3pm - 7pm thurs  
telephone helpline  
10am - 5pm mon - fri  
answerphone at other times