

What is Cocaine

Aka: Yay, Coke, Snow, Blow, Base, Rail.
Cocaine is a substance extracted from coca leaves, it is prepared synthetically and classified as a stimulant. This means that it gets you up, and keeps you going.



Preparing to Use

- Eat a meal before you start using!
- Carry and use condoms, lube, dental dams and other safe sex supplies, cocaine can increase sexual desire—play safe.
- If you use heavily you may need a recovery day, so plan around this.
- Mixing cocaine with other substances can increase health risks. View the "Trip! Project" and "Drugs and Me" resources provided on the back for a list of mixes that you should be cautious of.
- Ensure that you are in a safe environment with someone you trust.

Resources

SESSIONS is a series of drug education workshops for youth ages 13 to 24. It provides an open space to talk and learn more about substance use.

www.skylarkyouth.org/event/sessions-drug-education-youth/all/



The Trip! Project was born out of the need for appropriate drug and sex information within the Toronto rave scene. Trip! offers outreach booths and workshops!

www.trippproject.ca



DanceSafe distributes non-biased educational literature containing information describing the effects and risks associated with the use of various drugs, ensure safer substance use practices at raves and sell testing kits.

www.dancesafe.org



Drugs and Me provides accessible, objective and comprehensive guides to help reduce the short and long term harms of drugs.

www.drugsand.me

Cocaine

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During

- It is hard to find pure cocaine and often times it is cut with other substances in order to increase profits. Remember to start off small (a test dose!) and pace yourself.
- Often times people will pick their skin during the high, instead of doing this keep something in your hands to play with! Or if you chew your lips/grind your teeth, try chewing gum instead.



The Come Down

- Carry naloxone with you! While naloxone does not reverse a coke overdose, fentanyl has been found in coke.
- After you use, try to sleep and drink lots of liquids!
- Coming down from the high may be uncomfortable; know that the worst part of the crash usually only lasts for 45 minutes to an hour! Relaxation techniques can be used to calm down during the come down. Sometimes eating can help you feel better.

Snorting



Cocaine is absorbed through the mucous membranes that line the nose and sinuses. It is the most common way of using cocaine, and what this resource will focus on.

Reducing Harms:

- Chop up the cocaine so that it is a very fine powder, larger pieces can be harmful for the nasal cavity. Use a clean surface to do this.
- Insert the straw high up into the nasal passage before snorting, when cocaine is left in the nostril it can lead to irritation and a damaged septum.
- Remember to rinse out your nostrils after snorting, try using water or saline solution. You will help to move the drugs along and prevent nasal damage.
- Apply Vitamin E to the inside of your nose to aid the healing process.
- Remember to be sanitary, do not share straws or other snorting devices. When using with others, try using different coloured straws. Do not use money to snort cocaine, these practices can lead to the spread of Hep C.
- Get vaccinated for Hep A + B.
- Alternate nostrils when snorting.

Stimulant Overdose

Remember that a cocaine overdose is not always dose-dependent. If your cocaine has been cut with other substances that are not stimulants an overdose may look different.

Increasing risk factors:

- Lower tolerance of cocaine
- Sleep deprivation
- Food deprivation/dehydration
- Using other substances with cocaine

Signs of an overdose:

- Nausea or throwing up
- Blacking out
- Increased body temperature or sweating
- Seizures
- Muscle cramps or stiffness.
- Symptoms of a heart attack include tight chest, racing heart, short of breath or irregular breathing

What to do:

- Seek medical attention immediately. Provide professionals with as much information as possible.
- If there is no heartbeat and you know CPR, begin chest compressions.
- Keep calm. Stay with them. Use their name
- Give water, but avoid overhydrating.
- Place cool, wet cloths under armpits, back of neck and head.
- Encourage person not to take any other substances.