



SAFER USING

- Use around people you trust and somewhere you feel safe.
- Avoid eating prior or wait at least 30mins after eating.
- Benzo doses differ between types. You can find a lot of useful information online.
- A single pill generally contains a dose within the effective therapeutic range.

SWALLOWING

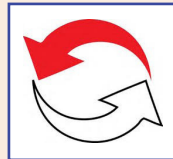
- Follow directions on packaging if available—it might be something else if it's not in pharmaceutical packaging.

SNORTING

- Crush the pill to fine powder, as crystals can cause little cuts.
- Snort water before and after to protect your nose.
- Use your own straw/spoon (& not money bills) to avoid infection or blood borne viruses (HIV/HVC)
- Repeated snorting can damage your nose, switch nostrils regularly and take breaks.

INJECTING

- Use your own, new and sterile injecting equipment (inc. water when mixing).
- Wash your hands thoroughly before and after.
- Learn about safer injecting practices.
- Dispose of syringes & equipment responsibly. Look for this symbol



RECTAL SHELIVING (DRY)/ PLUGGING (WET MIX)

- Use lubrication to avoid tearing the skin
- Use a condom or latex/vinyl glove to avoid internal scratches
- Wash your hands thoroughly before and after
- Use sterile water to mix with powdered pill
- Find a discreet and safe place to do it.

SAFER HANDLING

- Sharing prescription medication is a criminal offence. Know your local laws.

LONG TERM EFFECTS

Physical dependence. You can build tolerance within a couple of days - Benzo withdrawal can be fatal and should be managed in a hospital setting.

DRUG TESTS

Roadside Police: Benzodiazepines are not tested for in roadside drug tests. Follow your prescribing doctor's instructions regarding driving and any driver may be subject to a roadside behavioural impairment test.

Workplace: OHS law gives employers rights to test employees for drug use. This should be contained in workplace policy, it should be reasonable, and a risk assessment should be done to determine whether testing of employees is appropriate.

'Pill Testing'/Drug Checking: Lab-quality testing has been trialled in Australia and is not available as a health service yet but DIY reagent testing is an option. The pharmaceutical market is regulated and because of this, pills are made to a very high standard. When sourcing from a dealer you could encounter counterfeit pills that contain unknown substances at unknown doses with unknown side effects.

MORE INFO

This resource has been made by people who use drugs for their peers & the wider community. The role of DanceWize is to provide credible & non-judgmental info to promote health & harm reduction. In an unregulated (illegal) market you don't know the purity or dose of any drug and there is always some risk. You can educate yourself and practise harm reduction to reduce risk.

Knowledge is power.

MORE INFO @ WWW.

dancewize.org.au
dancewizensw.org.au
higround.org
prism.org.au
consciousnest.info
erowid.org
tripsit.me (drug combos chart)
dancesafe.org
trippproject.ca

kosmicare.org/
pillreports.net
bluelight.org



Benzos

STREET NAMES

Benzos, downer, BZ, pills, tranx, vals, sleepers, xans, xannies, moggies, serras, normies

CHEMICAL COMPOUND

Alprazolam (Xanax®), Diazepam (Valium®), Temazepam (Temaze® or Normison®), Lorazepam (Ativan®), clonazepam (Klonopin®) oxazepam (Serax® or Serapax®), nitrazepam (Mogodon®), flurazepam (Dalmane®), flunitrazepam (Rohypnol®)

Know Your Body & Mind - 'Set
Know Your Environment - 'Setting
Know Your Drug - Practise Harm Reduction

DESCRIPTION

Benzodiazepine (pronounced ben-zoh-die-AZ-apeen) or 'Benzos' for short- are a group of drugs with depressant effects, commonly prescribed by doctors as medication to relieve stress, anxiety, and assist with problems sleeping or to help with the withdrawal effects of other depressants (Alcohol, Opioids).

Being a 'depressant' type drug means that it slows down the activity of the CNS (central nervous system) making your body and mind more relaxed. Benzodiazepines are sometimes used for 'fun' or recreational purposes. Sometimes they are used to counter the effects of certain stimulating or psychedelic drugs.

Benzodiazepine is the name of the drug group. There are three types of benzos; long, intermediate and short acting. As a general rule, short-acting benzos have stronger withdrawal or 'come down' effects and can be more addictive than long-acting ones. Benzodiazepines are usually known by their brand name ie. Xanax® or Valium® but can sometimes be known by their chemical name. Some common benzodiazepines are:

DRUG	TYPE	BRAND NAME
diazepam	Long	Valium® or Antenex®
alprazolam	Short	Xanax® or Kalma®
temazepam	Short	Temaze® or Normison®
lorazepam	Medium	Ativan®
clonazepam	Medium	Klonopin®
oxazepam	Short	Serax® or Serapax®
nitrazepam	Medium	Mogodon®
flurazepam	Long	Dalmane®
flunitrazepam	Long	Rohypnol®

EXAMPLE OF STANDARD DOSES OF SOME COMMON BENZOS:

(Always research your drugs on a reliable source)
Alprazolam (Xanax®) - 1mg - 10mg daily
Diazepam (Valium®) - 2mg-10mg 3-4x per day
Temazepam (Temaze®) - 7.5mg-30mg daily
Lorazepam (Ativan®)- 2mg-6mg per day

EFFECTS

'Set' (your mind & body) + 'Setting' (environment) + Drug

🔥 LESS COMMON 🔥 RARE

PHYSICAL

- Muscle relaxation
- Decreased breathing rate and heartbeat
- Decreased body temperature
- Decreased motorskills and lack of coordination
- Increased risk of falling over due to decreased motorskills
- 🔥 Slurring of speech or stuttering
- 🔥 Dry mouth
- 🔥 Nausea and vomiting
- 🔥 Headache
- 🔥 Seeing double or blurry eyesight
- 🔥 Physical dependence
- 🔥 Tremors (shakiness)
- 🔥 Vertigo
- 🔥 Unconsciousness
- 🔥 Constipation
- 🔥 Hypotension or hypertension (rare)
- 🔥 Risk of suffocation due to unconsciousness

EMOTIONAL

- Euphoria
- Decrease of tension, anxiety, sadness, panic
- Relaxation
- Increased confidence and aloofness
- 🔥 Feelings of isolation

PSYCHOLOGICAL

- Reduced social inhibitions
- Sleepiness
- Decreased ability to concentrate
- 🔥 Confusion
- 🔥 Impaired thinking
- 🔥 Changed (often increased) response to sexual stimuli
- 🔥 Reckless behaviour
- 🔥 Agitation

DURATION OF EFFECTS

Duration varies by type of benzo and they all differentiate between the onset, peak and total durations.

HALF LIFE:

Benzos can stay active for a long period of time depending on the type (24-72 hours).

DRUG COMBINATIONS

Polydrug use has many possible outcomes. What could be fun for one person could be dangerous for another. We recommend you proceed with caution.

DANGEROUS

Opioids and/or other depressants - overdose, loss of consciousness, difficulty breathing ultimately resulting in respiratory failure and possible death.

CAUTION

Stimulants (MDMA, Cocaine etc) - This combo partially counters the effects of the stimulants. This does not mean it makes you sober as both drugs are still active in your system.

Psychedelics - This combo partially counters the effects of the psychedelic substances.

Antipsychotics - Can cause excessive sedation, production of saliva and ataxia (impaired body control)

Antihistamines - possible excess sedation.

It is not recommended to use Benzos if you have or are at risk of:

- Liver problems
- Sleep apnea syndrome
- Severe breathing problems
- Myasthenia
- Narrow angle glaucoma