

keep your electrolytes up (soup is good for this)

- Try to plan ahead and give yourself plenty of time to recover
- Cocaine is often cut with levamisole (antiworm medication). Levamisole can harm your immune system by causing a decrease in white blood cells. You can use a reagent test to find out if your cocaine contains levamisole.

### SNORTING

- Snort water before and after to help protect the protective lining in your nose
- Use your own clean straw for snorting to prevent risk of blood borne viruses (such as hepatitis C) transmission via tiny amounts of blood.
- Do not use money- it is riddled with bacteria
- Repeated snorting can damage the membranes of the nose leading to blood noses and possible permanent damage to the septum. Switch nostrils regularly and give your nose a break.

### IF INJECTING

In order to reduce the risk of BBV (blood borne viruses) transmission, including hepatitis B & C and HIV:

- Always use new, sterile injecting equipment  
ALWAYS use YOUR OWN equipment and never share. DanceWize© are NSP (Needle & Syringe Program) equipped.
- Use sterile water where possible. Boiled (and cooled) Melbourne tap water is ok to use. Do not use bottled water as it is not sterile especially if you have drunk from it.
- Wash your hands before and after using.
- ALWAYS dispose of injecting equipment safely.

### DRUG COMBINATIONS

**Possible outcomes. What works for one person may not work for another. We recommend you proceed with caution.**

#### DANGEROUS

- **+Opioids-** Stimulants increase respiration rate allowing a higher dose of opiates. If the stimulant wears off first then the opiate may overcome the patient and cause respiratory arrest.
- **+Tramadol-** Tramadol and stimulants both increase the risk of seizures.

• **+MAOIs-** This combination is poorly explored.

#### UNSAFE

• **+Stimulants (MDMA, Cocaine etc)-** This combo can end in heart strain and psychosis.

• **+Alcohol-** Forms coca-ethylene in the body which is more harmful than the individual substances and creates a higher chance of dependency.

• **+Decongestants-** increased strain on the heart.

#### CAUTION

• **+Psychedelics-** Stimulants increase anxiety levels and the risk of thought loops which can lead to negative experiences.

• **+Ketamine-** No unexpected interactions, though likely to increase blood pressure but not an issue with sensible doses. Moving around on high doses of this combination may be ill advised due to risk of physical injury.

• **+MDMA-** Cocaine blocks some of the desirable effects of MDMA while increasing the risk of heart attack.

• **+GBH-** Stimulants increase respiration rate allowing a higher dose of sedatives. If the stimulant wears off first then the G may overcome the patient and cause respiratory arrest. Likewise the G can wear off and leave a dangerous concentration of cocaine behind.

**It is not recommended to use cocaine if you suffer (or have suffered) from:**

- Heart conditions • Hypertension • Thyroid problems
- Pre existing mental health issues • Pregnancy- cocaine can increase the risk of miscarriage, premature labour and stillbirth • Breastfeeding

### MORE INFO

This resource is designed to give a brief overview and it is recommended that you do further research. The following websites may provide you with useful information.

<a href="http://www.hrvic.org.au/dancewize">www.hrvic.org.au/dancewize</a>	<a href="http://www.bluelight.ru">www.bluelight.ru</a>
<a href="http://www.erowid.org">www.erowid.org</a>	<a href="http://www.dancesafe.org">www.dancesafe.org</a>
<a href="http://www.bluebelly.org.au">www.bluebelly.org.au</a>	<a href="http://www.tripproject.ca">www.tripproject.ca</a>
<a href="http://www.nuaa.org.au">www.nuaa.org.au</a>	

This Cocaine resource is produced by DanceWize©, a program of Harm Reduction Victoria (HRVic)

**[www.hrvic.org.au](http://www.hrvic.org.au)**



### SAY KNOW TO DRUGS.

**KNOW your mind, KNOW your body,  
KNOW your substance and  
KNOW your limits.**

This resource has been developed for party goers and people who are **already** using drugs. The role of DanceWize is to provide factual, relevant and practical information to assist you to make informed choices about different drugs and to promote harm reduction, safer partying and safer drug use .

### DESCRIPTION

Cocaine is a short acting CNS (central nervous system) stimulant which means it speeds up the electric signals in your brain and from your brain to your body, making your body and mind more active. Cocaine is extracted and refined from the coca plant (*Erythroxylum coca*) grown primarily in the Andean region of South America. The leaf extract is processed to produce 3 different forms of cocaine:

**Cocaine hydrochloride:** a white, crystalline powder with a bitter, numbing taste. Cocaine hydrochloride is often mixed, or 'cut', with other substances such as lactose and glucose, to dilute it before being sold.

**Freebase:** a white powder that is more pure with less impurity than cocaine hydrochloride.

**Crack:** crystals ranging in colour from white or cream to transparent with a pink or yellow hue, it may contain impurities.

Crack is often found in US, UK and other countries but is not commonly found in Australia. As a result, this resource will focus on powder cocaine only.

## DOSAGE TIPS

***Taking drugs is never without risk.***

*Mentioned doses are based on the information available to DanceWize© at the time of print and we can not give any guarantee of safety as the effects can vary greatly from one person to another.*

- A standard recreational (nasal) dose is between 20mg and 100mg
- Start with a very small amount to test strength and to gauge your tolerance
- Give it plenty of time to work- it may take longer than you expect for the effects to come on
- Due to the potency of cocaine, it is often used in small doses or 'bumps' rather than in one large amount, such as a line.
- Consider carefully before re dosing as it is easy to get carried away. Cocaine by it's nature is a 'more-ish' drug (you always want MORE)
- Try to set a limit of how much you want to use and what time you plan to stop- to avoid over doing it and over dosing without intending to or realising it.
- Try to buy from a trusted source and from someone who will tell you about changes in quality etc.

## ADMINISTRATION

Most commonly snorted but can also be shelved (rectal), injected (intravenously (IV) or swallowed.

## DURATION

**Total Duration:** 45 minutes -1.5 hours

**Onset:** Rapid (5-10 minutes if snorted)

**Peak:** 20-40 minutes

**Coming Down:** 10-30 minutes

**After Effects:** 1-4 hours

## HALF LIFE:

Cocaine remains active in your system for at least 1 hour after you have stopped feeling the effects.

## ROADSIDE DRUG TEST:

Cocaine is NOT tested for in roadside drug tests HOWEVER the powder CAN be cut with other substances that ARE such as methamphetamine or amphetamines.

## DETECTION:

Saliva: 12-24 hours

Urine: 4-5 days

Hair: Up to 90 days

## EFFECTS

*The following is a list of possible effects, which may vary from person to person.*

### Physical

- Increased energy
- Decreased fatigue
- Insomnia and restlessness
- Dilated pupils
- Increased heart rate
- Increased blood pressure
- Increased body temperature and sweating
- Decreased appetite
- Risk of seizure, stroke or heart attack

### Emotional

- Euphoria
- Elevated mood
- Irritability
- Aggression
- Increased confidence

### Psychological

- Reduced social inhibitions
- Increased alertness
- Clearer thinking
- Increased focus and concentration

- Hallucinations - visual and aural
- Confusion
- Increased sex drive
- Psychosis
- Insomnia
- Excited delirium

## LONG TERM EFFECTS:

- Restlessness
- Anxiety
- Hyper excitability
- Paranoia
- Irritability
- Insomnia
- Weightloss
- Mental health issues
- Damage to nasal cartilage
- Immune system problems due to the Levamisole in cocaine

## STREET NAMES

Rack, yay-yo, coke, cola, charlie, blow, snow, nose candy, powder, toot

## CHEMICAL COMPOUND

Benzoylmethylecgonine hydrochloride

## SAFER USING TIPS

- If you can't TEST your cocaine for adulterants (other substances it may be cut with), avoid mixing it with other drugs as the potential for ending up on a dangerous cocktail is probable
- Use around friends and in a safe environment
- Be aware of overheating and try to chill out regularly
- Remember to keep your fluids up but don't drink too much: 1 standard drink (250ml) an hour maximum when inactive or 2 standard drinks (500ml) an hour maximum when dancing or active.
- Remember to eat well before and after using and try eating something salty half way through the trip to