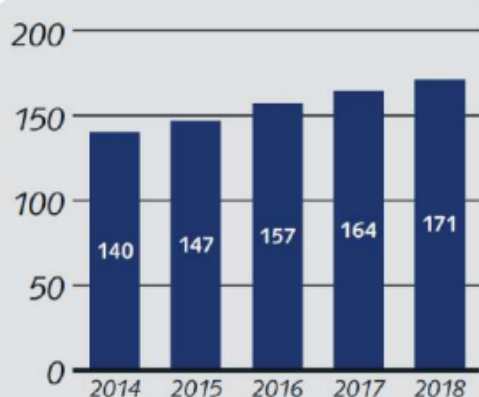


STIMULANTS & SNORTING



Average dosage of MDMA in ecstasy pills (in mgs).

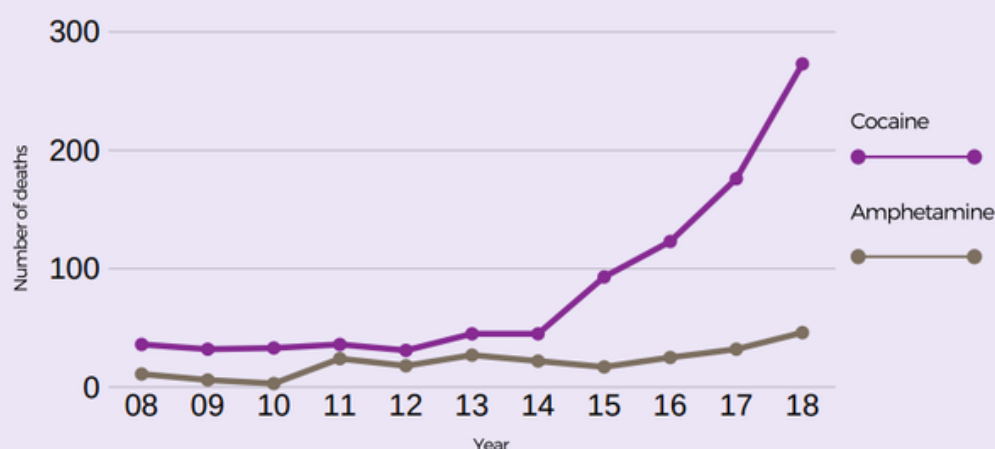
WHAT ARE STIMULANTS

Stimulants are also known as uppers. They can increase heart rate and breathing as well as energy and euphoria. They can also cause anxiety and paranoia. Stimulant drugs include cocaine, amphetamine, nicotine, methylphenidate and methamphetamine.

START LOW GO SLOW

Drug purity is at an all time high in Europe. The product that people have access to may be higher purity than they expect and they would need less to feel the effects.

Stimulant-related deaths since 2008



STAY SAFE

- You cannot judge content or purity by appearance. The amount of a drug contained in a pill or powder can vary, even within batches.
- Stimulant drugs can reduce your appetite – take time to eat a healthy meal and stay hydrated.
- Avoid mixing with alcohol, prescription medication or any other drugs, as the effects may be unexpected or harmful and unpleasant.
- Drugs affect people differently and mixing different drugs can lead to unpredictable effects. All stimulant drugs can affect your sleeping pattern which can have a huge impact on your mental wellbeing.
- Stimulants can cause jaw clenching so have chewing gum handy to keep your mouth moving.
- If you have been jaw clenching, rinse your mouth out with salty water.
- Comedowns can be unpleasant, plan time to relax or spend time with friends
- Stimulant use is linked to an increased risk of Urinary Tract Infections (UTIs).

SNORTING?

- Avoid using notes or plastic straws which can cut the inside of your nose.
- Grind into as fine a powder as possible to reduce damage to your nose.
- Post-its or paper straws are a good alternative to notes - place as high up your nose as possible to reduce damage to soft tissue.
- Avoid sharing the tool you use.
- HepC can live outside the body for days and even weeks.
- Alternate nostrils between lines.
- Clean your nose out at the end of the night with clean water to prevent the powder causing further damage to the inside of your nose.

Source:

<https://www.crew.scot/wp-content/uploads/2019/08/Drugs-at-Crew-Trend-Report-2017-2019.pdf>