

HARM REDUCTION IN HEROIN USE:

an informational sheet about *drug interactions*



Benzos/tranquilizers, such as valium, ativan and xanax, stay in the system for a long time. When combined with heroin, the effects are intensified. The user should keep this in mind and adjust their dose accordingly.

Alcohol intensifies the effects of heroin. If you're going to drink while using, always drink after heroin use so you don't become confused and administer an overly strong shot.

Speedballs are a combination shot of uppers and downers; most commonly heroin and cocaine. Speedballs confuse the body's rhythm and can induce a heart attack; the most common symptoms of which are pains in the side, chest, and legs. Users are susceptible to overdose from both substances and should be doubly cautious.

Heroin users should be prepared for the crash that follows the high from injected cocaine. It is often times severe and accompanied with strong feelings of depression and desperation. Users may want to prepare so as not to have to worry about supply during this difficult time.

Crack shot in a speedball should be cut with vitamin C. Crack cut with vinegar or other acid based substances are harmful for the body. Vitamin C is available at most harm reduction centers.

Be cautious of all drugs with depressant effects around the time of use as they can unexpectedly intensify a shot. These depressants range from over the counter drugs such as Nyquil to prescribed tranquilizers such as seroquel.

Stimulants such as caffeine can intensify the withdrawal symptoms of heroin use.

Pot, entheogens, and hallucinogens have no real interaction with dope, however, a maintenance dose would be recommended because everyone's chemistry is unique.