

SWANSEA DRUG NOTES NO. 8 WHAT CAN HAPPEN WHEN ALCOHOL AND DRUGS ARE MIXED

For further information contact:

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Alcohol & Drugs =

This booklet tells you what can happen when alcohol is used at the same time as some other drugs. It is for guidance only and because of the impure nature of street drugs should only be used as a quick reference guide.

Details of where to find other more specific information about alcohol and drugs are listed at the back of this booklet.

Swansea 2000

Alcohol is the most widely used drug in Swansea, others are Cannabis, Amphetamine, Ecstasy, and Valium.

Alcohol slows down the activity of the brain (it is called a central nervous system depressant).

Alcohol quickly affects Inhibition and Judgement, which can lead to people taking risks, like taking other drugs.

Suggested Approach to use.

Keep up to date

- With your organisation's policy and procedures on alcohol and drugs
- The latest First Aid Techniques
- Any changes in legislation

When trying to build a rapport with someone whose behaviour you are concerned about, it is important to remember to listen to them, and to try to hear things from their point of view. By doing this you may be able to explore alternatives to dangerous drugs use.

Group: Cannabis

This group can cause changes to perception as well as mood. Mood can go down as well as up.

Drug Name	Street Name	Effect of Drug	Possible effect if mixed with alcohol	Response
Cannabis	Pot, Dope, Blow, Hash, Draw	Relaxant with Hallucinatory effect	If cannabis is used at the same time as drinking alcohol this may produce nausea. It is worth noting that cannabis when eaten has more extreme effects, such as panic attacks	Rest Observation, particularly if nausea produces vomiting. Reassurance re: panic

Group: So called Hallucinogens

This group can cause changes to perception as well as mood. Mood can go down as well as up

Drug Name	Street Name	Effect of Drug	Possible effect if mixed with alcohol	Response
L.S.D	L.S.D. Acid Blotters	Hallucinogen	When L.S.D. is taken at the same time as alcohol this may produce nausea, also the mood induced is more exaggerated, e.g. it becomes more difficult to make decisions	Rest Observation, particularly if nausea produces vomiting. Reassurance re: panic.
Magic Mushrooms	Mushies	Hallucinogen but less long acting than L.S.D.	When alcohol is drunk at the same time as eating Magic Mushrooms this may produce nausea and panic attacks. Nausea can be exacerbated by use of alcohol. The danger of picking wrong mushrooms/toadstools may be very serious.	Rest Observation, particularly if nausea produces vomiting. Reassurance re: panic.

Group: Opiate painkillers

This group of drugs – which includes morphine and codeine, can cause physical addiction and interacts strongly with alcohol

Drug Name	Street	Effect of Drug	Possible effect if	Response
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	Name		mixed with alcohol	
Heroin Diamorphine	Smack H Skag	Painkiller Drowsiness Relaxed Euphoric "On the Nod"	When Heroin is taken at the same time as alcohol, because of impaired judgement it is possible to take more than intended, which may result in overdose. Alcohol is a big factor in heroin overdose. It is also a factor, which prevents people, being careful about injection practice and purity testing. The effects are nausea and sleepiness which increase risk of choking on vomit.	It is possible that a person may be in a dangerous coma when appearing to be asleep. Action must be taken if they cannot be roused. Recovery position, call ambulance, mouth to mouth resuscitation/ cardiac massage.
Methadone Physeptone	Meth Phy	Treatment for Addiction Drowsiness Relaxed Euphoric "On the Nod"	Because Methadone is as strong as Heroin it may be very dangerous to take it at the same time as alcohol, and many overdoses have occurred because of this.	Longer coma, leading to a need to monitor for 24 hours. Recovery position, call ambulance, Mouth to mouth resuscitation/cardiac massage.
DF118 Dihydrocodeine	DF's	Painkiller Drowsiness Relaxed Euphoric "On the Nod"	Although less strong as a painkiller the effects may be significantly enhanced by alcohol and the same dangers can occur as with the other opiates	Shorter acting than others in this group, but nevertheless same action. Recovery position, call ambulance, mouth to mouth resuscitation/ cardiac massage

**Group: Downers/Depressants/Tranquillisers/Hypnotics & Anxiolytics,
Slows down body's natural responses**

Drug Name	Street Name	Effect of Drug	Possible effect if mixed with alcohol	Response
Temazepam	Jellies Eggs Tems	Depressant Downer	When Temazepam is taken at the same time as alcohol because it is also a depressant it can increase the effects which are dizziness, sleepiness and drunkenness. This can increase the dangers when driving. There can also be an increase in the dependency on alcohol and when withdrawn is more likely to cause fits.	The ill effects may need medical attention. Observation, recovery position, call ambulance, mouth to mouth resuscitation/cardiac massage.
Valium	Diazies	Tranquilliser Downer	When Valium is taken at the same time as alcohol because it is also a depressant it can increase the effects which are dizziness, sleepiness and drunkenness. This can increase the dangers when driving. There can also be an increase in the dependency on alcohol and when withdrawn is more likely to cause fits.	The ill effects may need medical attention. Observation, recovery position, call ambulance, mouth to mouth resuscitation/cardiac massage.
Rohypnol	So called "Date Rape" Drug	Sleep	When Rohypnol is taken at the same time as alcohol because it is also a depressant it can increase the effects which are dizziness, sleepiness and drunkenness. This can increase the dangers when driving. There can also be an increase in the dependency on alcohol and when withdrawn is more likely to cause fits.	The ill effects may need medical attention. Observation, recovery position, call ambulance, mouth to mouth resuscitation/cardiac massage.

Group: Uppers/Stimulants
This group acts like natural "adrenaline".

Drug Name	Street Name	Effect of	Possible effect if mixed with	Response
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		Drug	alcohol	
Amphetamine Sulphate	(Billy) Whiz Speed Powder	Stimulant Upper	When Amphetamine is taken at the same time as alcohol it may have the effect of making a person believe they are less intoxicated than they really are. Because the drug speeds up the body's responses the alcohol is ingested faster, and this increases the strain on the liver. Both alcohol and Amphetamine act to dehydrate the body thus providing an increased dehydration effect. The combination of the drug and alcohol may increase sexual activity and people are more likely to have unprotected sex while under the influence of drugs. Other effects of this combination may be that people do not eat or drink and also they may suffer from paranoia.	Observation particularly of paranoid symptoms. Dehydration is a factor which must be considered.
Cocaine	Coke, Snow, Crack, Rock	Stimulant Upper	When Cocaine is taken at the same time as alcohol it may have the effect of making a person believe they are less intoxicated than they really are. Because the drug speeds up the body's responses the alcohol is ingested faster, and this increases the strain on the liver. Both alcohol and Cocaine act to dehydrate the body thus providing an increased dehydration effect. The combination of the drug and alcohol may increase sexual activity and people are more likely to have unprotected sex while under the influence of drugs. Other effects of this combination may be that people do not eat or drink and also they may suffer from paranoia	Observation particularly of paranoid symptoms. Dehydration is a factor, which must be considered

Continued

Drug Name	Street Name	Effect of Drug	Possible effect if mixed with alcohol	Response
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MDMA	Ecstasy, E Doves	Stimulant Hallucinogen	The dangers associated with drinking alcohol and taking Ecstasy relate to increased rate of dehydration. Both alcohol and Ecstasy dehydrate the body. Ecstasy also has the effect of raising the temperature of the body, this combined with the fact that it is often taken when dancing may lead to Heat Stroke. Ecstasy also acts to prevent the body from producing urine. So you have the combination of a hot body demanding fluid and one which cannot expel fluid by urinating.	Drinking water is to combat effects of dehydration not the E. Eat something salty, drinking fruit juice or an isotonic drink will help body retain essential minerals. If doing <i>heavy dancing</i> it is advisable to sip <i>one pint of water per hour</i> to replace lost fluid.
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Group: Others

Drug Name	Street Name	Effect of Drug	Possible effect if mixed	Response
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			with alcohol	
Anabolic Steroids	Iron Brew	Muscle Development	When Anabolic Steroids are taken as well as alcohol the strain on the liver increases. Impaired judgement can lead to use by those who are still growing with detrimental effects to development. Possible enhanced aggression.	Raise awareness of possible effects.
Gamma Hydroxy Butyrate	G.H.B.	Relaxant	When G.H.B. taken with alcohol the effect may increase sleepiness and drowsiness.	Observation Recovery position.
Ketamine	Special K	Dissociative Anaesthetic	The effects of combining Ketamine and alcohol may be vomiting and nausea as well as numbness, out of body experiences and feelings of aggression.	Quiet darkened area Rest, reassurance, observation particularly if nauseous.
Solvents	Glue EVO Product name	Relaxant and Hallucination sometimes sought	Drinking alcohol when using solvents may increase risk of nausea and sleepiness. Death can result from inhalation of vomit or suppression of breathing.	Fresh Air Observation Recovery position.

Useful Contacts and National Organisations

National Drugs Helpline
Tel: 0800 776600 – Confidential Helpline open 24 hours
Drugscope Tel: 020 79289500

Alcohol Concern
Waterbridge House
32-36 Loman Street
London
SE1 0EE
Tel: 020 7928 7377
Fax: 020 7928 4644

Leaflets on Alcohol and Drugs

“Alcofacts” – Produced by Health Promotion Division – National Assembly.
Tel: 02920 752222

“Drugs - What you need to know” – Produced by W.D.A.U. (out of print until April 2001)

Tel: 02920 667766

“Dangerous Cocktails”, “Enough Bottle” – Produced by Alcohol Concern
Tel: 020 7928 7377

Addresses for Further Help

CDAT

Community Drugs Team
Cwmbwrla Health Centre
Caebricks Road, Cwmbwrla
SWANSEA
SA5 8NS

Tel: 01792 654630

Provides a pragmatic, confidential and equitable service to individuals and their family and friends.

Swansea Drugs Project (SAND)

8 Calvert Terrace
SWANSEA
SA1 6AR

Tel: 01792 472002

A free and confidential service for drug users and their families.

West Glamorgan Council on Drug and Alcohol Abuse

Advice Centre
40 St. James Crescent
SWANSEA
SA1 6DR

Tel: 01792 472519

The centre provides a therapeutic service to individuals and their families

Welsh Drug & Alcohol Unit

4th Floor, St. David's House
Wood St., CARDIFF
CF1 1EY

Tel: 02920 667766

Strategic advice and good practice guidance.