

- 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

- Carrying drugs & paraphernalia puts you at greater risk of criminal charges (inc. trafficking, even if you don't deal). **Know your local laws.**

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

Alcohol: nausea and vomiting at low doses and higher doses can cause respiratory/breathing failure.

Other depressants e.g. other opioids, GHB, Heroin & benzodiazepine i.e. Valium: Can cause a loss of consciousness, difficulty breathing & respiratory failure which can lead to death.

Ketamine, DXM, MXE, Nitrous Oxide: Can cause respiratory/breathing failure.

CAUTION

Stimulants eg. Amphetamines and Cocaine: can cause heart strain.

MAOIs: Monoamine oxidase inhibitors (MAOIs) with certain opioids have been associated with rare reports of severe and fatal adverse reactions.

SSRIs eg. some anti-depressants.

LOW RISK

Cannabis: Is low risk and can sometimes have synergy.

Psychedelics (LSD, Mushrooms, DMT, Mescaline): Low risk with no synergy

DRUG TESTS & ROADSIDE TESTS

Roadside Police:

Roadside saliva tests do not look for opioids but other substances can be detected that might have been cut into opioids. It is illegal to drive under the influence of any illicit drugs, including opioids and any driver may be subject to a roadside

behavioural impairment test. Wait at least 24 hours before driving.

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. Be mindful of issues around opioid substitute treatment (OST) medications and the workplace.

Urine: up to 3days; Hair: up to 90 days; Blood: up to 3days

'Pill Testing'/Drug Checking: Lab-quality testing has been trialled in Australia and is not available as a health service yet but DIY reagents like produce a reaction with opioids. The pharmaceutical market is regulated and because of this, the pills are made to a high standard. When sourcing from the street market counterfeit pills that contain unknown substances at unknown doses with unknown side effects can be common.

MORE INFO:

This educational resource has been developed by people who use drugs for their peers and the wider community. The role of DanceWize is to provide practical, evidence-based, unbiased information to assist you to make educated choices and to promote harm reduction, community care, and wellbeing.

In an unregulated market it's impossible to know the purity or dose of any substance. Taking drugs from an unregulated market carries its own risk, and you can educate yourself and practice harm reduction to reduce this risk.

Knowledge is power.

OTHER HELPFUL PEER BASED WEBSITES

AUSTRALIA

www.dancewize.org.au
www.dancewizensw.org.au
www.hi-ground.org
www.prism.org.au,
www.consciousnest.info
www.hrvic.org.au

INTERNATIONAL

www.erowid.org
www.tripsit.me
www.dancesafe.org
www.tripproject.ca
<https://www.kosmicare.org/>
www.pillreports.com

Research your jurisdiction's Department of Health website for drug 'alerts' or 'warnings'. Both HRVic & DanceWize post VIC Drug Alerts on our socials.



Opioids

STREET NAMES

Oxy, OC, grey nurses, MS Contin, lean, purple drank, hillbilly heroin, subbies, kickers, bupe, ox, grapes, greys, oranges

CHEMICAL COMPOUND

Oxycodone (OxyContin), Hydrocodone (Vicodin), Codeine, Morphine, Tramadol, Methadone, buprenorphine & more

KNOW YOUR BODY & MIND - 'SET'
 KNOW YOUR ENVIRONMENT - 'SETTING'
 KNOW YOUR DRUG - 'PRACTISE HARM REDUCTION'
SAY 'KNOW' TO DRUGS.

DESCRIPTION

Opioids are a class of medication that are used for their pain relieving and sedative properties. They have been the mainstay of analgesia for thousands of years. Opioids, including those naturally derived from the opium (poppy) plant, and those created in the lab are all substances that interact with the opioid receptors in the central nervous system (brain and spinal cord).

Our bodies produce their own natural opioids, called endorphins. Opioids reduce the nerve transmission to the brain and reduce feelings of pain and affect those brain areas controlling emotion. They are used to treat moderate to severe pain. There are multiple forms of opioids used to treat pain.

These include:

- **Codeine** - ie. Panadeine, Nurofen Plus, Mersyndol, Dolased, Panafen Plus
- **Dihydrocodeine**- ie. Paramol
- **Tramadol**
- **Oxycodone**- ie. Endone, Percocet
- **Morphine sulfate**- ie. MS Contin
- **Methadone**- ie. Biodone, Physeptone
- **Buprenorphine**- ie. Suboxone, Subutex
- **Hydromorphone**- ie. Dilaudid
- **Fentanyl**- ie. Durogesic (*transdermal patches*), Actiq (*lozenges/lollipops*), Sublimaze (*intravenous injection*)

ADMINISTRATION (MOST COMMON ROUTES)

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

DURATION OF EFFECTS

Opioids vary in the duration of their effects depending on route of administration, dose, etc. From 15 minutes - 36 hours, *e.g. pethidine is much shorter acting than oxycodone.*

Even though the apparent effects of the drug may have worn off, Opioids can stay active for a long period of time (up to a couple of days) dependent on what type. **Do your research.**

HALF LIFE (the time it takes for the amount of a drug's active substance in your body to reduce by half.)

Half Life is dependent on the type of opioid and the ingestion routes. **It's always best practice to research the specific substance you are taking.**

KEY: 🍷 LESS COMMON 🍷 RARE

EFFECTS

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

PHYSICAL

- Slowed breathing
- Decreased heart rate
- Decreased blood pressure
- Warm sensations in extremities
- Lethargy
- Drowsiness
- & Sedation
- Constipation
- Decreased saliva production resulting in oral health issues (long term use)
- Itchiness
- Irregular menstruation
- Hypoxia (oxygen deprivation) 🍷
- Unconsciousness 🍷
- Nausea/Vomiting 🍷
- Respiratory depression/ failure 🍷
- Muscle spasms 🍷
- Death 🍷
- Risk of Coma 🍷
- Brain damage due to respiratory depression 🍷
- Bluish fingers, toes, lips 🍷

EMOTIONAL

- Euphoria
- Feeling of wellbeing
- Contentment
- Relief of anxiety
- Moodiness 🍷
- Depression 🍷

PSYCHOLOGICAL

- Decreased Sexual Desire
- Confusion
- Pain Relief
- Paranoia
- Sensitivity to light 🍷
- Constant stress or anxiety about getting the next hit to avoid feeling 'sick' or withdrawals
- Death 🍷
- Insomnia

It is Not recommended that you use opioids if you're at risk of:

- Sleep apnea
- Obesity
- Anxiety or depression
- Fibromyalgia (*characterized by widespread musculoskeletal pain*)

LONG TERM EFFECTS

Physical dependence. Withdrawal symptoms can begin within hours of last use. This includes sneezing, excessive yawning, coughing, sweating, chills, restless legs, irritability, moodiness, insomnia, severe muscle & bone pain, diarrhea, increased urinating, dehydration, anxiety, nausea, vomiting, cramps, involuntary spasms, sensitive genitals (females)

SAFER USING

- Try to use somewhere you feel safe, around people you trust
- Wait a minimum of 30 minutes after eating.
- Carry naloxone at all times (reverses an overdose).
- "Start Low- Go Slow"

SWALLOWING

- Use as per recommended on packaging if available.

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.
- Many opioids are now tamper (ie. injecting) proof and do not mix up well—This can result in dangerous outcomes if injecting resulting in vein and skin injuries.
- Dispose of syringes & equipment responsibly.

SNORTING

- Crush 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.

SHELVING (DRY)/PLUGGING (WET MIX)

- Use lubrication to avoid tearing the skin
- Use a condom or latex/vinyl glove to avoid internal scratches