

SAFER USING TIPS

- It is best to avoid mixing cocaine with other drugs as cocaine powder is often adulterated with other substances thus creating the potential for dangerous unknown cocktails
- Try to use around friends and in a safe environment
- Be aware of overheating and try to chill out regularly
- It is important to stay hydrated; drink around 600ml while dancing and 300ml when resting
- Try to alternate water with sports drinks to replenish electrolytes

- It is important to eat regularly - even when you don't feel like it
- Try to plan ahead and give yourself plenty of time to recover
- **If snorting:**
 - Snort water before and after to avoid damaging the protective lining in your nose
 - Use your own straw to prevent risk of BBV (blood borne viruses) transmission via tiny amounts of blood
 - A clean straw is preferable to a rolled note - money is unhygienic
 - Repeated snorting can damage the membranes of the nose leading to blood noses and possible permanent damage to the septum
- **If injecting,** in order to reduce risk of BBVs including hepatitis B & C and HIV:
 - Have your own set of injecting equipment
 - Use new, sterile injecting equipment, including spoons, etc
 - Sterile water is preferable but Melbourne tap water is ok
 - Wash your hands before and after using
 - Dispose of your used injecting equipment safely
 - Due to short acting high, be sure to have enough new needles in case you repeat the process

COMBINATIONS

Cocaine combined with...

(Possible outcomes - what works for one person may not work for another. We recommend you proceed with caution.)

- Speed = heart strain
- Ice = heart strain and paranoia
- Decongestants = heart strain
- Heroin (speed-balling) = heart strain

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

- Heart conditions - cocaine may raise your heart rate to unsafe levels
- Hypertension
- Thyroid problems
- Psychosis/schizophrenia
- Pregnancy - cocaine may increase risk of miscarriage, premature labour and stillbirth
- While breastfeeding - cocaine is likely to be passed from mother to child during breastfeeding, resulting in irritability and lack of appetite in the baby

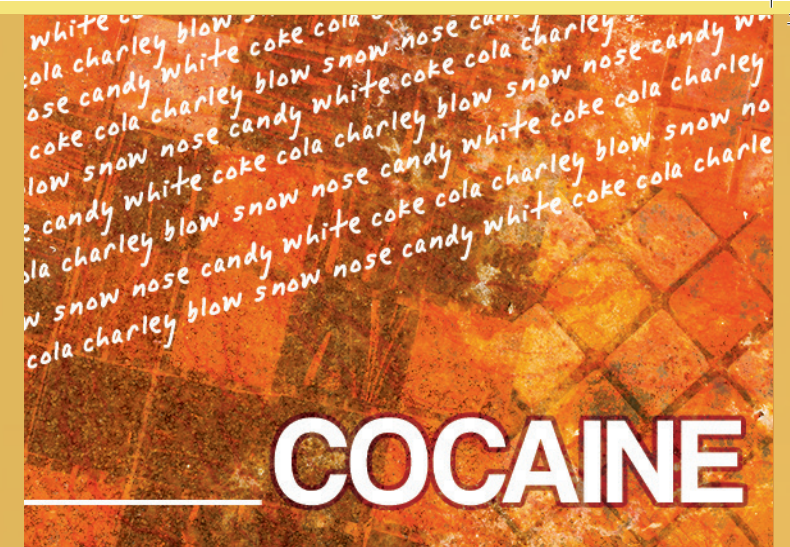
MORE INFO

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.

www.dancewize.org.au
www.hrvic.org.au
www.erowid.org
www.bluebelly.org.au

www.bluelight.ru
www.dancesafe.org
www.trippproject.ca

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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 naturally derived CNS (central nervous system) stimulant extracted and refined from the coca plant grown primarily in the Andean region of South America. Cocaine is typically a white-ish powder with a bitter, numbing taste.

Freebase cocaine, also known as 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

- 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 (bumps) rather than one large amount, such as a line
- Consider carefully before re-dosing as it is easy to get carried away
- Try to set a limit of how much you want to use and what time you plan to stop - to avoid over doing it without realising
- Try to buy from a trusted source and from someone who will tell you about changes in quality, etc.

ADMINISTRATION

Cocaine is most often snorted but can be swallowed or injected

DURATION

Total Duration:	45 - 60 minutes
Onset:	5 - 15 minutes
Peak:	20 - 40 minutes
Coming Down:	10 - 30 minutes
After Effects:	1 - 3 hours

Half-life: Cocaine remains active in your system for at least 1 hour after you have stopped feeling effects

Roadside drug test: While cocaine itself cannot be detected using a saliva test, the powder can be cut with other substances (such as speed) which may be detectable

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

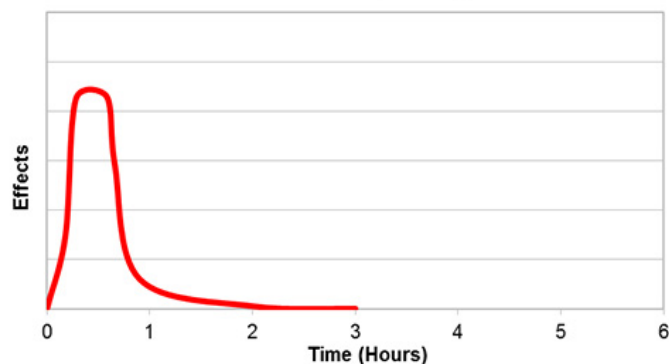
Emotional

- Elevated mood
- Euphoria
- Irritability
- Aggression

Psychological

- Increased alertness
- Wakefulness
- Clearer thinking
- Increased concentration
- Fear
- Paranoia
- Hallucinations
- Restlessness
- Confusion
- Increased sex drive
- Decreased sex drive
- Psychosis
- Insomnia

Cocaine (snorted)

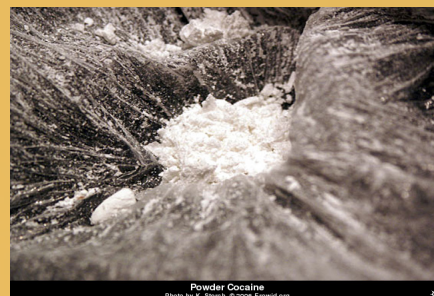


STREET NAMES

Coke, Cola, Charley, Blow, Snow, Nose Candy, White

CHEMICAL COMPOUND

Benzoylmethyl ecgonine



LONG TERM EFFECTS

- Restlessness
- Anxiety
- Hyper excitability
- Paranoia
- Irritability
- Insomnia
- Weight loss
- Psychological problems
- Damage to cartilage in nose