

## What is cocaine?

Cocaine is a stimulant drug that is made from the leaves of the coca plant. It speeds up your body functions.

## Did you know?

In New Zealand, cocaine is often mixed with non-psychoactive fillers like caffeine or creatine.

## During use, it can make you feel:

Euphoric  
Excited  
Socially confident

Jittery/anxious  
Feeling like you need to poo  
Grinding teeth  
Increased heart rate

Sick/vomiting  
Panic attacks  
Hot and sweaty

Violent  
Psychosis  
Seizures  
Death

## Afterward, signs of a comedown can be:

Low mood/mood swings

Irritability

Anxiety

Upset stomach

Sore face, jaw, or teeth

Mild tremors

Difficulty concentrating

**This may last several days, depending on the type of cocaine used and how much was taken**

## If someone is experiencing:

Extreme agitation

Chest pain

Seizures

Loss of consciousness

Very high temperature

## Then:

Call 111 for an ambulance

Lie them on their side with open airways

Stay with them

Reassure them

## Be safer with cocaine by:

- > If snorting, using a clean straw and nasal rinse
- > Starting with a lower dose and waiting for full effects before deciding to take more
- > Using drug checking services
- > Bringing only what you plan to use
- > Avoiding use while pregnant

## Look after yourself by:

- > Taking a break to let your brain and body recover
- > Catching up on sleep, food and water

## Consider making changes if:

Use and comedowns are affecting relationships, study or work

Unpleasant effects outweigh the pleasant effects

## Get support to make changes if:

You are spending more time/money on cocaine than you want

You are always thinking about cocaine

It is affecting your mental health

Others are concerned about your use

## Seek professional help if you or someone you know is:

- > Experiencing low mood or anxiety
- > Using more to get the same effect or feel 'normal'
- > Experiencing physical problems
- > Having suicidal thoughts

## For support and information contact:

Alcohol Drug Helpline Txt 8681  
Call 0800 787 797  
[drugfoundation.org.nz](http://drugfoundation.org.nz)  
[wharaurau.org.nz/taiohi.org](http://wharaurau.org.nz/taiohi.org)  
[TheLevel.org.nz](http://TheLevel.org.nz)



**COCAINE**



Āta haere i a koe e hōpara I te ao  
Take care as you explore the world