

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

wharaurau.org.nz/taiohi.org

TheLevel.org.nz



COCAINE



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