

COCAINE

Know the risks

In 2024, cocaine was linked to 479 drug deaths in Scotland, but these could have been prevented if the following harm reduction measures were observed:

DOSAGE - GO SLOW, STAY LOW

Especially if it's your first time.

AVOID MIXING WITH OTHER DRUGS

Combining with alcohol or other drugs increases risks.

DON'T SHARE SNORTING EQUIPMENT

Used or dirty notes/straws can transmit blood-borne viruses.

LONG TERM USE

Risks include dependency and other health complications.

ASK FOR HELP IF NEEDED

Be aware of signs of an emergency and know where to get help.



Scan the QR code for
Cocaine Anonymous
support



Instagram: @hillcrestharmreduction



COCAINE

What is cocaine?

Powdered cocaine (coke) is a very powerful stimulant with short term effects. It has an intense high that can often cause depression, lead to dependency or financial problems.



THE EFFECTS

- Dilated pupils
- Increased self esteem
- Exhilaration
- Increased confidence and energy
- Increased temperature
- Indifference to pain and fatigue
- Loss of appetite
- Mental alertness
- Paranoia
- Hallucinations

HARM REDUCTION

- Use as little as possible
- Take breaks in between each line
- Seek help for mental wellbeing issues or signs of dependency
- Drink plenty of water
- Eat before using
- Nasal washing
- Never share snorting equipment

THE RISKS

- Overdose
- Polydrug use
- Heart disease
- Stroke and seizures
- High blood pressure
- Respiratory illness
- Gastrointestinal disease
- Mood disorders
- Shrinking brain size
- Memory loss
- Slow reaction
- Short attention span
- Nosebleeds/nasal collapse
- Altered sleep patterns
- HIV
- Hepatitis B & C
- Increased risk of sexually transmitted diseases

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