

Cocaethylene Information

Mixing both alcohol and cocaine impacts your body and gives you a sensation that makes you feel that you are less drunk and have more energy initially.

The quick 'pick me up' effect that cocaethylene has can become addictive and can enable longer drinking sessions, with users sometimes drinking continually whilst using cocaine and not stopping to eat or drink.

The more intense your drinking and cocaine use becomes, the more risk you are at for having permanent damage to your heart and liver.



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Contact us to find out more

Call 0300 200 2400

Lines are open 24/7

Alcoholics Anonymous

Call: **0121 212 0111**

Email: help@aamail.org

In person at one of their various meetings, details of which can be found at:

alcoholicsanonymous.org.uk

Narcotics Anonymous

Call: **0300 999 1212**

Email: pi@ukna.org

In person at one of their various meetings, details of which can be found at: ukna.org

Smart Recovery

Call: **0330 053 6022**

In person or online at one of their various meetings, details of which can be found at: smartrecovery.org.uk

Breaking Free Online

Call: **0161 834 4647**

Email: info@breakingfreegroup.com

Digital programmes deliver confidential and highly personalised support 24/7

Recoverynearyou

**Wolverhampton
Substance Misuse Service**

HARM REDUCTION:

Cocaethylene

Taking Cocaine + Alcohol





Cocaethylene Taking Cocaine + Alcohol

Cocaethylene is created by the liver in the process of metabolising alcohol and either form of cocaine – powder and rock.

HARM REDUCTION

To reduce the risk of cocaethylene is to **NOT** mix cocaine and alcohol.

Should you mix both:

- Use both in smaller doses
- Ensure you drink alcohol within safer drinking guidelines
- Use clean equipment when smoking, snorting, or injecting cocaine
- Drink water regularly
- Do not use alone, have a trusted person with you, or tell someone what you have used
- If you start to feel unwell make sure you have access to phone to call 999 or be able to ask for help
- Do not share equipment

- Using cocaine on top of alcohol can give you feeling of being sober
- Your night out will last longer
- Joy from a boost of dopamine in the brain
- More energy
- More reactive to light, touch, and sound

HIGHS



LOWS



- Cocaethylene can make you feel constantly tired and lacking energy
- Cocaethylene can leave you feeling down and having low mood, causing increased suicidal tendencies
- Using cocaethylene can lead to unsafe sexual behaviour due to poor judgment and impulsive decision making
- You are more at risk of a blood borne virus (BBV)
- Reduces sex drive meaning you might struggle to get an erection
- Increased risk of death
- Impacts your mental health

EFFECTS ON THE BODY

HEAD

- Impulsive and violent behaviour
- Raised dopamine and serotonin which blocks natural uptake
- Panic attacks
- Anxiety
- Depression
- Paranoia
- Seizures
- Runny nose
- Dilated pupils
- Psychosis

HEART

- Increased blood pressure
- Increased heart rate
- Prevents heart muscles from contracting properly
- Increased risk of stroke
- Increased toxicity
- Irregular heart rhythm

LUNGS

- Shortness of breath
- Chest pain
- Asthma

LIVER

- Liver damage
- Toxicity in liver

OTHER

- Tremors
- Infections
- Moodiness
- Overdose
- Risk of cancer
- Sudden death
- Suppressed appetite
- Increased body temperature
- Risk of blood borne viruses
- Increased accidents and injuries
- Increased risk of blood clots
- Shrinking blood vessels

