WHAT'S IN THE POWDER?

A number of different types of drugs come in white powder form. When buying illicit white powders you can never be fully sure of the contents. Generally white powders are uppers (stimulant), downers (sedative) or trippy (hallucinogen).

IT IS ALWAYS SAFEST NOT TO TAKE UNKNOWN OR ILLICIT DRUGS AT ALL

IF YOU DO DECIDE TO TAKE POWDERS...

- IT IS LESS RISKY TO START WITH A SMALL TEST DOSE TO SEE WHAT EFFECT THE DRUG HAS ON YOU. HOWEVER, YOU CANNOT REMOVE THE RISK ENTIRELY; SMALL DOSES CAN ALSO BE DANGEROUS
- NOT ALL POWDERS ARE SUITABLE FOR SNORTING. PLAN HOW YOU WILL TAKE YOUR POWDER IN ADVANCE
- WAIT 2 HOURS. SOME DRUGS TAKE LONGER TO TAKE EFFECT THAN OTHERS
- USE YOUR OWN TOOTER. SNIFFING OFF UNCLEAN SURFACES SUCH AS TOILETS SEATS/PHONES & SHARING YOUR TOOTER INCREASES THE RISK OF GETTING INFECTIONS INCLUDING BLOOD-BORNE VIRUSES
- RINSE OUT YOUR NOSE WITH WATER AFTERWARDS. SOME POWDERS CLUMP IN THE NOSE AND DRIP DOWN THE THROAT. KETAMINE IN PARTICULAR CAN CAUSE HARM TO YOUR STOMACH
- REHYDRATE WITH WATER OR ISOTONIC DRINKS REGULARLY, BUT DON'T GO OVER A PINT PER HOUR. IF DANCING, TAKE REGULAR BREAKS
- AVOID MIXING WITH OTHER DRUGS INCLUDING ALCOHOL AND PRESCRIPTION MEDICATION. MIXING DRUGS CAN BE UNPREDICTABLE AND MAY PLACE GREATER STRAIN ON THE HEART OR OTHER INTERNAL ORGANS
- USE IN A SAFE ENVIRONMENT. THE USE OF PSYCHOACTIVE SUBSTANCES IN CLUBS OR AT FESTIVALS CAN BE FRIGHTENING IF YOU BEGIN TRIPPING OR FALL INTO A K HOLE
- SEEK HELP IF NEEDED AND BE HONEST WITH EMERGENCY SERVICES ABOUT WHAT YOU THINK YOU'VE TAKEN

The Students' Union in no way condones the use of illegal drugs

If you are concerned about a substance that you or a friend have taken:

- **DON'T TAKE ANY MORE**
- **DON'T TAKE OTHER DRUGS**
- **SEEK MEDICAL ADVICE**

For information and support on drugs and alcohol visit **drugs.ie**
The HSE Drugs & Alcohol Helpline can be reached on **1800 459 459**

DRUGS.ie
Drug and Alcohol Information and Support

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PROMOTING HEALTH ON CAMPUS
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