
Cocaine



Cocaine

Street names: blow, crack, coke, line, rock, snow

Cocaine is a stimulant or 'upper'.

Is cocaine addictive?

Yes, cocaine is addictive.

Those who use cocaine regularly will build up a tolerance, meaning they need more and more to feel 'high'.

Is cocaine dangerous?

Cocaine is dangerous for a number of reasons:

- The biggest risk is overdose
- During an overdose a person's breathing may slow down or stop
- An overdose is a medical emergency
- Injecting cocaine increases the risk of infection, blood poisoning, and collapsed veins
- Sharing needles increases the risk of getting HIV and Hepatitis B or C
- A speedball is the combination of cocaine and opiates (such as morphine or codeine)
- Using different drugs at the same time can increase your risk of overdosing





Cocaine and Pregnancy

It is safest not to use cocaine while pregnant.

This is because...

Using cocaine during pregnancy may cause the placenta to separate from the uterus.

It may also cause a baby to be born too early.

Cocaine passes to the baby through the placenta so the baby may be born small and underweight, which can lead to health problems.

Later in life babies exposed to cocaine may have difficulty with attention, learning and memory.

Cocaine and Breastfeeding

Cocaine passes into a mother's breastmilk.

If you are using cocaine do NOT breastfeed.

Babies exposed to cocaine through breastmilk may have:

- seizures
- vomiting
- diarrhea
- shaking or quivering
- irritability



Cocaine affects the ability to take care of your baby.

If you are planning to use, have someone else take care of your baby.

Signs of Cocaine Overdose



Feels like:

- fast heartbeat
- short of breath
- hot and sweaty
- chest pain
- nausea
- faintness

Looks like:

- fast or no pulse
- fast or no breathing
- confusion, anxiety
- vomiting
- seizures
- unconsciousness



If someone overdoses call 911 right away!

Roll the person on their side if they are unconscious.





Using Safer

If you are using cocaine there are ways to be safer.



Before you start:

- Use with someone you trust in case of overdose
- Find a safe and quiet place where you don't have to hurry
- Using cocaine can increase your sex drive- bring condoms and lube with you for safer sex
- Eat some food as you may not feel hungry when you're high
- Clean your hands and your mouthpiece (or injection site) with an alcohol swab

When smoking crack:

- Use your own mouthpiece or pipe
- Start with a small amount if you're not sure how strong it is
- Use screens - avoid steel wool (Brillo) as it can be inhaled and make you sick
- Pack 5 screens into your pipe
- Use a wooden push stick
- Inhale slowly and exhale right away to help protect your lungs



When injecting cocaine:

- Use a new clean needle every time (see below for places to find clean needles)
- Plump up the vein by using a warm compress and a tie above the elbow
- Pick a different injection site to reduce the risk of infection
- Start with the veins closest to the wrist and work your way up
- Avoid using your neck and groin for injecting as these are the most risky
- Insert the needle with the hole (bevel) pointing up



Harm Reduction Supplies

Needles and other harm reduction supplies are available for free.

Here are some places where you can access them:

Access Downtown.....	640 Main St.
Broadway Pharmacy.....	618 Broadway Ave.
Brothers Pharmacy Ltd.....	542 Selkirk
Klinik Community Health Centre.....	870 Portage Ave.
Main Street Project.....	75 Martha St.
Mount Carmel Clinic.....	886 Main St.
Rainbow Resource Centre.....	170 Scott St.
Street Connections.....	496 Hargrave St.
West Broadway Pharmacy.....	595 Broadway Ave.





What can I do if I use?

It may be a struggle to not use cocaine, but every little step you take helps you and your baby. Steps could be to:

- Talk to your health care provider about treatment for quitting
- Use less or use less often
- Find ways to use that keep you safer (page 3)
- Take care of your health



Taking care of yourself also helps take care of your baby.

Here are some things you can do:

- Attend your prenatal appointments
- Be active when you can, rest when you need
- Eat foods that you like that have lots of nutrients - vegetables and fruits, milk or milk alternatives, whole wheat grains, fish, meats and alternatives
- Drink lots of water
- Cut down or quit smoking cigarettes and drinking alcohol
- Reduce stress - talk with a friend, take a bath, go for a walk

You Are Not Alone!



Where To Find Help

There are lots of places that offer support and treatment.

Speak with a worker about which one may be right for you.

Addictions Foundation of Manitoba (AFM).....	204-944-6200
AFM Women's Centre and Family Program.....	204-944-6229
Aboriginal Health & Wellness.....	204-925-3700
Behavioural Health Foundation.....	204-269-3430
Insight Mentoring Program.....	204-925-3750
Klinik Crisis Line (24 hour).....	204-786-8686
Manitoba Addiction Treatment Centres.....	204-582-9050
Mothering Project, Mount Carmel Clinic, Intake Line.....	204-479-0203
Native Addictions Council of Manitoba.....	204-586-8395
River Point Centre.....	1-855-662-6605
Salvation Army- Anchorage Program.....	204-946-9401

