

Stimulants

Prescriptions:

**Adderall, Ritalin, Vyvanse,
Dexadrine, etc:
Dex, Uppers, Speed**

What is it?

Medications commonly prescribed to help people with AD(H)D in capsule or pill form. Capsules can be emptied, and pills crushed to be snorted or injected.

Why do people use it?

- ◆ Increased focus, energy, and attention
- ◆ Used to treat ADD, ADHD, and Narcolepsy
- ◆ Often used as study aides by college and university students
- ◆ To lose weight

What can go wrong?

- ◆ Severe loss of appetite and weight loss
- ◆ Sleep disturbances and insomnia
- ◆ Heart strain and chronic heart conditions
- ◆ Losing touch with reality: seeing things, hearing voices
- ◆ Seizures, coma or death

How does it work?

Stimulant medications work by “waking up” the mechanisms in the brain responsible for organizing, filtering, and prioritizing information. When taken in high doses, or by people without a medical need, effects are intensified.

Information adapted from heretohelp.ca, camh.ca & towardtheheart.com

For more information visit their website.

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Harm Reduction

1. Only take medication that is prescribed to you and take exactly as indicated by your doctor.
2. Talk to a medical professional before changing your dose.
3. Don't crush pills or empty capsules to snort. These pills are designed to be absorbed in the stomach. Snorting will change how much is absorbed, how quickly it enters the bloodstream and can seriously damage your nose.

What to look for:

1. Rapid pulse and breathing
2. Restlessness, tremors, and overactive reflexes.
3. Hallucinations, panic, or confusion
4. Muscle pains and weakness

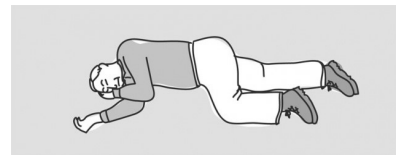
Overdose

What to do:

CALL 9-1-1

Remain calm and stay with the person until help arrives.

If you have to leave the person unattended, put them in the recovery position, as below.



Discovery Youth & Family Substance Use Services

Victoria/South Island: 250-519-5313

Cowichan Valley: 250-737-2029

Nanaimo/Ladysmith: 250-739-5790

Oceanside area: 250-947-8215

Mt Waddington area: 250-902-6063

