

# Drug Reference Chart

|                                  | Cocaine  | Amphetamines & Methamphetamines   | Alcohol  | LSD   | Nitrous Oxide and Other Inhalants   | Heroin  | Marijuana   | GHB <small>Gamma hydroxybutyrate</small>   |
|----------------------------------|--|---|--|---|---|---|---|--|
| <b>Comes From:</b>               | Coca leaves  | Prescriptions; illegal labs   | Fermenting and distilling  | Illegal labs  | Industrial producers  | The opium poppy.  | Is grown in many countries.   | Illegal labs.  |
| <b>Also Known As:</b>            | C, coke, snow, flake, blow   | Speed, uppers, bennies, ecstasy, E, crystal meth  | Booze, juice, hooch, hard stuff, liquor  | Acid  | Laughing gas, nitrous, poppers, huffs   | H, smack, horse, mud  | Pot, weed, Mary Jane, grass, herb   | G, liquid ecstasy scoop, soap  |
| <b>How It Looks:</b>             | Fine white powder crystals mixed with other powders that look almost the same, like corn starch, talcum powder, or sugar. In its 'crack' form cocaine is a hard 'rock' that can be smoked. | White powder, pill or clear liquid, or crystal form in a range of colours from clear to dark (depending on purity).   | Clear liquid, any color comes from things that are added.  | Pure LSD is a white powder with no smell.   | Found in pressurized tanks made for medical use and an anesthetic/pain killer (Nitrous Oxide), anything with a strong smell- usually used for cleaning, fuel, etc.                    | In powder form, mixed with other powders or as a gummy or tar-like substance  | A green, brown or gray mixture of dried leaves, stems, seeds and flowers of the hemp plant.   | Liquid and powder form, no smell and almost no taste.  |
| <b>Early Effects :</b>           | Joy, energy, very sensitive to light, sound, and touch for some. Others feel anxious, paranoid, and may have panic attacks.  | Feeling of power and well-being, more sexuality, less need for sleep, joy.  | Feeling of warmth, flushed skin, less shyness.   | More energy, creative thinking, mood lift, awareness of senses, closed and open eye visuals, and intense spiritual experiences. | Feeling light-headed excited, and clear fantasies   | Slows heart rate and affects blood pressure, short feelings of joy, sometimes causes nausea and vomiting  | Feeling relaxed, joy, hunger ("the munchies")<br>Paranoid, time seems slower, anxiety   | Five to 20 minutes after taking, user feels relaxed. Can cause nausea, vomiting, breathing problems, seizure and coma. |
| <b>Short Term User Effects :</b> | Very edgy, erratic, paranoid, dry mouth, stuffy nose, more hungry, higher blood pressure and heart rate  | Paleness, grinding teeth, loss of enjoyment, itching, welts on skin, nausea, vomiting, diarrhea, sweats, tremors, and feeling irritable.                                    | Muscles don't work as well, slow reflexes, slurred speech, can't/hard to stand, vomiting.  | Feeling anxious, tense, sweating, nausea, dizzy, confused, panic, overwhelmed, loss of coordination, and dilated pupils.        | Coughing, drooling, reckless or strange behavior, sensitive to light, aggressive, nausea, drowsy, and headaches.  | Slowed or slurred speech, tiny pupils, droopy eyelids, sedated.   | Bloodshot eyes, loss of coordination, slurred speech, anxiety   | Dilated pupils.  |
| <b>Long term Effects :</b>       | Loss of weight, seizure, paranoia, hallucinations, itching, twitching, heart failure, and comas.   | Violent behavior, as well as illness from malnutrition, fatal kidney and lung disorders, possible brain damage, long-term psychological problems, liver damage, and stroke. | Stomach ulcers and skin problems, not enough vitamins sexual problems, mood/emotional changes, brain damage and memory loss, liver damage, heart and circulation problems, many kinds of cancer. | Unwanted spiritual experiences, psychosis that won't go away and flashbacks.  | Stomach problems, depression, nerve damage, heart/blood problems, seizures, loss of muscle control, not able to walk, numbness in legs/arms, not enough vitamin B12 and brain damage. | Collapsed veins, infection of the heart, liver disease, heart problems, pneumonia, clogged blood vessels that lead to the lungs, liver, kidneys, or brain from the impurities in street heroin. | Short term memory problems, hard time learning/ problem solving, lung damage, higher risk of lung cancer, immune system problems (longer lasting illness) | Sleep, eventual coma or death if overdosed.  |

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|-----------------------|-------------------------------------|------------------------------------|-------------------|--|-----------------------------------|------------------------------|--------------------------------------|--|
| <b>How it's Used:</b> | Can be snorted, injected or smoked. | May be injected, eaten, or smoked. | Taken as a liquid | Dissolved in a liquid and then put on sugar cubes or other small foods that are easy to swallow. | Breathed in, inhaled              | Injected, snorted or smoked. | Usually smoked, but sometimes eaten. | Snorted, eaten or smoked.                |

National Institute on Drug Abuse, Addiction Research Foundation

## Drug Effects ...

What the drug does to the mind, body, or both is much more than simply the drug the person is taking. Things that decide how a drug may affect you are:

- \* How much you **weigh**
- \* How **old** you are
- \* How **fast** you take it
- \* **How much you take**
- \* How **strong** the drug is
- \* What **other drugs** are in your body at the time

- \* **How it gets into the body** (eating, smoking, injecting, etc.)
- \* Your **general physical condition**
- \* What is **already in your stomach**
- \* Your **mood** and **emotions** at the time you take it

Addictions Foundation of Manitoba and the Council on Drug Abuse



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