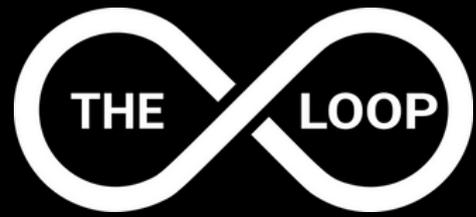


The UK Drug Market is changing



Here is key information to help to reduce risk

The heroin supply contains riskier synthetic substances

In many parts of the UK, heroin is being adulterated with nitazenes (dangerous opioids), bromazolam (a type of benzodiazepine) & xylazine (a veterinary anaesthetic medicine associated with higher risk of overdose).

The variable strength and adulteration of heroin in circulation has led to an increase in overdoses in recent months.

It is more important than ever that you carry naloxone and are not alone if taking drugs.

Benzodiazepines and opioid tablets are also a risk

Drug testing has shown that non-prescribed benzodiazepines (e.g diazepam and xanax) and opioid tablets (e.g. tramadol, codeine and oxycontin / oxycodone) can contain nitazenes.

Nitazenes can be 50 to 500 times stronger than heroin and are really easy to overdose on.

“Prescription pills” - bought illegally but sold in pharmaceutical style blister packaging have been found to contain nitazenes and bromazolam. These pills can be dangerous imposters, even if they look legitimate.



Be cautious with 'club drugs' too

The safest way to take drugs is always not to take them. However, some people choose to take drugs such as cocaine, ketamine & MDMA and there are things that can be done to reduce their risk.

#GoSlowStayLow - when there is uncertainty in the drug market, reducing dose reduces risk.

Seek advice and be aware of the potential for adulteration in the drug supply. Look out for your friends and if they have an unexpected or unusual reaction to a drug, seek help.



Get your drugs tested

When there are higher risk drugs in circulation, this risk can be reduced by getting drugs tested.

Visit The Loop for our regular drug checking service at BDP @ 11 Brunswick Square, BRISTOL, BS2 8PE on the last Saturday of every month.

WEDINOS is an online postal testing service - visit their website to find out more.

Online vendors sell reagent and strip testing kits.

Visit: www.wearetheloop.org/test-a-substance



Practice harm reduction

If you use any type of opioid or benzodiazepine - carry naloxone. It can save your life.

Don't take drugs alone - always have someone with you who can get help if needed.

Follow local alerts, information and messaging being shared in your area about substances of concern.

Seek advice and support from your local drugs service, who can also provide treatment options.

