

Alcohol Mixed with Other Drugs

Alcohol + Stimulants

Stimulants or “uppers”: Drugs that temporarily increase alertness and energy

Examples: Adderall, Ritalin, cocaine, methamphetamine



FOCUS: Alcohol + Adderall

Adderall: Used to treat ADHD and narcolepsy. Some students misuse Adderall in hopes it will help them study. “Misuse” is defined as taking a medication that was not prescribed to you, taking more than what was prescribed to you or taking it for a different purpose than prescribed.

Effects: Because alcohol is a depressant and Adderall is a stimulant, Adderall will mask alcohol’s effects. Mixing alcohol with a stimulant makes you less aware of alcohol's intoxicating effects, which can result in an overdose or death. Additionally, mixing alcohol with Adderall (or any other stimulant) can cause an irregular heartbeat and cause cardiovascular complications.

Use CUPS to remember the symptoms of alcohol poisoning:

- Cold, clammy, pale or bluish skin.
- Unconscious or unable to be roused.
- Puking repeatedly or uncontrollably.
- Slow or irregular breathing.

Stat: 4.3 percent of UC Davis undergraduates reported using a prescription stimulant in the last 12 months that was not prescribed to them.

Alcohol + Sedative

Depressants or “downers”: Sedating drugs that reduce stimulation

Examples: opiates, Xanax, Valium



FOCUS: Alcohol + Opiates/Opioids

Opiates: A group of drugs that are used for treating pain
-examples: heroin, morphine, codeine, oxycontin, vicodin, fentanyl

Effects: When alcohol and opioids are taken at the same time, the sedative effects of both drugs will magnify. This can depress or even stop involuntary functions, such as breathing, and will increase the risk of overdose and death. This is the case whenever a depressant is mixed with another depressant.

Symptoms:

- Slow or irregular breathing
- Lowered pulse and blood pressure
- Unconscious or unable to be roused
- Coma, and potential death

Stat: 4.5 percent of UC Davis students reported using prescription painkillers that were not prescribed to them in the last 12 months.

Hallucinogens or Other Drugs



Hallucinogens: A group of drugs that alter perception, thoughts and feelings.

Examples: LSD, PCP, Psilocybin (mushrooms), MDMA (Ecstasy)

FOCUS: Alcohol + MDMA

MDMA: "A party drug," is a synthetic chemical, typically in tablet form, made in laboratories.

Effects: Mixing MDMA with other substances like alcohol can lead to dangerous disturbances in heart rhythm and/or an increased body temperature. A sharp increase in body temperature can result in kidney, liver and cardiovascular system failure, resulting in death. Additionally, MDMA users may feel less intoxicated by alcohol and be more susceptible to alcohol overdose.

Symptoms:

- Heart rate unable to slow down
- Feeling confused
- Headache
- Nausea and vomiting
- Seizures
- Loss of consciousness
- Panic attacks
- Faintness

Stat: 7.8 percent of UC Davis students have reported using MDMA and 4.7% have reported using other hallucinogens.

FOCUS: Alcohol + Cannabis

Cannabis: Any of the preparations or chemicals (e.g., THC) that are derived from the marijuana plant; can exhibit properties of stimulants, depressants and hallucinogens.

-examples: Hashish, wax, shatter

Effects: The effects of mixing alcohol and cannabis are mainly unpredictable. Consuming alcohol and cannabis at the same time can react with anxiety, panic or paranoia.

Symptoms:

- Dizziness,
- Nausea and vomiting

Stat: 1.4 percent of UC Davis students report using marijuana everyday.

Tips

- Avoid mixing alcohol with other drugs
- Use one drug at a time or use less of each drug
- Only take prescriptions that are prescribed to you by a health care professional
- Read warnings on the prescription medication labels
- Stay with a buddy who can respond in an emergency situation
- Call 911 if someone shows signs of slowed breathing, abnormal heart rate, severe confusion, seizures, unconsciousness or any concerning symptoms after mixing more than one substance

We Can Help

If you think you or a friend may have an issue with substance abuse, call 530-752-6334. You can also log in to SHCS Health-e-Message to schedule a free, confidential appointment with the Alcohol, Tobacco and Other Drug Intervention Services Coordinator.