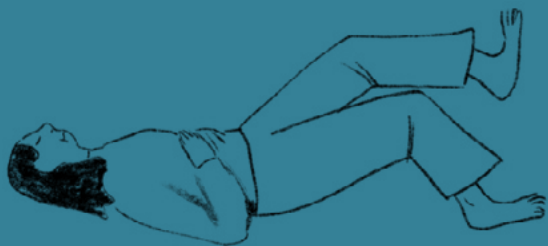


AKA: BENZO, BENZODIAZEPINE,
BZ, DOWNER, MOGGIES, NORMIES,
ROHYPNOL, SERRAS, SLEEPERS,
TRANX, VALIUM, VALS, XANAX,
XANNIES, XANS

BENZO — DIAZEPINE



Disclaimer: This resource is produced by Hi-Ground & DanceWize. In an unregulated market it's impossible to know the purity or dose of any substance, educate yourself and practice harm reduction to reduce this risk. For more information visit www.hi-ground.org

Supported by: QuIVAA & QuIHN

Hi-Ground

Benzodiazepine is the name of the drug group. Benzos, are a class of central nervous system depressant drugs that are generally prescribed for the management of anxiety disorders, insomnia, alcohol withdrawal, and seizures. Some benzos are often used to self-medicate, particularly at the end of a big weekend, or for recreational purposes.

Compound: ALPRAZOLAM (XANAX®), DIAZEPAM (VALIUM®), TEMAZEPAM (TEMAZE® OR NORMISON®), CLONAZEPAM (KLONOPIN®) OXAZEPAM (SERAX® OR SERAPAX®), FLUNITRAZEPAM (ROHYPNOL®)

ADMINISTRATION

Most commonly swallowed but can also be shelved, snorted or injected.



MOST COMMON EFFECTS

Muscle relaxation, Decreased breathing rate, heartbeat & body temperature, Decreased motor skills and lack of coordination, Increased risk of falling over due to decreased motor skills, Euphoria, Decrease of tension, anxiety, sadness, panic, Relaxation.

LESS COMMON EFFECTS

Slurring of speech or stuttering, Dry mouth, Nausea and vomiting, Headache, Seeing double or blurry eyesight, Physical dependence, Confusion, Impaired thinking.

RARE EFFECTS

Tremors (shakiness), Vertigo, Unconsciousness, Constipation, Hypotension or hypertension (rare), Risk of suffocation due to unconsciousness.

DURATION OF EFFECTS

There are several different drugs that are included in this class, and they each have different effects. There are three types of benzos; long, intermediate and short acting and they all differentiate between the onset, peak and total durations. As a general rule, short-acting benzos have stronger withdrawal or 'come down' effects and can be more addictive than long-acting ones.

DRUG TESTS

Drug Checking: Lab-quality testing is recommended for illicit pharmaceuticals due to unreliable counterfeit pills.

Unknown substances and overdoses have been linked to counterfeit benzos like Xanax or Valium.

SAFER USING

- Benzos vary in their effects; just because you've had Valium, does not mean you know what Xanax is like. Approach all new benzos with caution and research information online around doses for different types of benzos.
- Benzos generally remain in your system (bloodstream) long after the apparent effects have worn off. Keep this in mind before considering re-dosing or using other drugs.
- Avoid driving under the influence as the effects can make this very dangerous.
- There is a significant risk of developing a dependence on benzos, especially with extended use. Withdrawal from benzos can be very difficult.
- A single pill generally contains a dose within the effective therapeutic range.
- If unsure what the strength of the tablet is, or to test for possible hypersensitivity or allergies to benzos, it is safer to take half or quarter of a pill to test the effects.
- 'Maximum safe dose' is person-specific and dependent on current opioid exposure, as well as on whether the person takes benzos regularly and has a tolerance or is dependent on them.
- Injecting benzos can cause significant harm because they are not designed for that use. These harms include: tissue and vein damage or organ damage.
To avoid vein damage use wheel filters to try get rid of contaminants.

Example of standard doses of some common benzos:

- Alprazolam (Xanax®) 0.5mg – 2.0mg
- Diazepam (Valium®) 2.5mg – 10mg
- Temazepam (Temaze®) 10mg - 20mg
- Lorazepam (Ativan®)- 1mg – 2.5mg