

JSS Medical College & Hospital

Department of Psychiatry
Information Leaflet

COCAINE

A fact sheet



What is cocaine?

Cocaine is an intense, euphoria-producing stimulant with strong addictive potentials

Street Names: coke, crack, nose candy, snow, white lady, toot, Charlie, blow, white dust or stardust

Route of Intake

Powdered cocaine can be snorted or injected.

Crack cocaine is smoked alone or with marijuana or tobacco.

Cocaine is sometimes combined with heroin, called "speed balling."

Cocaine can be absorbed through all mucous membranes.

Users often binge until they are exhausted or out of cocaine.

How does it look like?

Cocaine: crystal white
powder

Cut with: Sugars, anesthetics

Crack: White chunk

What is its effect on Brain?

- Rapid rush (Intense euphoric effect) from smoking/injecting
- Slower, less intense high from snorting
- Increased alertness, excitement
- Restlessness, irritability, anxiety
- Rapid tolerance, higher doses needed
- Paranoia with high/prolonged use
- Crash: exhaustion, sleep, depression
- Craving for more cocaine after crash

Signs of withdrawal

1. Agitation and restless behavior
2. Depressed mood
3. Fatigue
4. General feeling of discomfort
5. Increased appetite
6. Vivid and unpleasant dreams
7. Slowing of activity

Where to seek help?

1. Visit to dept of Psychiatry
2. Tele Manas, 14416 for 24/7 free help (confidential)
3. [E-sanjeevani: esanjeevani.mohfw.gov.in](https://esanjeevani.mohfw.gov.in) for online free consultation

Treatment

1. Withdrawal symptoms fade over time.
2. Severe symptoms: Admission needed
3. Medicines may be used for symptoms.
4. Counseling aids in ending addiction.
5. Health and safety monitored during recovery

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How to say "No"?

1. Say no thanks
2. Give a reason facts or excuse
3. Walk away
4. Change the subject
5. Use humor
6. Repeated refusal (keep saying no)
7. Ignore (avoid direct confrontation)
8. Avoid the situation
9. Strength in numbers (stay with good number of people who do not use drug)