

Poppers –Nitrates (Amyl & Butyl)



- Sold in small glass bottles as room deodorizer or leather cleaner
- Sniff/huff the fumes up your nose, creating a high that lasts 30 seconds-2 minutes
- Induces a head rush, and focuses attention on your body, get's you out of your head
- Relaxes the sphincter muscle, making anal sex easier and more pleasurable
- Increases sensation to the penis and other extremities and heightens sexual intensity
- June 25, 2013: Health Canada restricted sale and import of poppers in Canada, but still available in shops and online

Poppers

Harm Reduction



- Some users may temporarily lose erection. This is due to reduced blood pressure throughout the body, including penis. It's normal if this happens

Do not use with any Erectile Drug, as it can cause a stroke!

- Do not use if you have heart conditions, glaucoma or anemia
- Caustic and Flammable: Do not get on skin. Avoid flame if also smoking. Potentially fatal if swallowed
- Poppers flush blood vessels to the rectum, increase the likelihood of rougher sex, and unplanned instances of condomless sex. Studies have shown increased HIV transmission associated with poppers use
- Some people experience headaches, dizziness, and nausea from use of poppers. Make sure you are using it sitting down or reclining
- Recap so as not to spill during movements from sex.

Erectile Drugs

Also called Hard-Ons, increase the flow of blood to penis, giving harder, longer lasting hard-on. A popular generic version is Kamagra. They have different onset times, and different amounts of time they stay in your system.

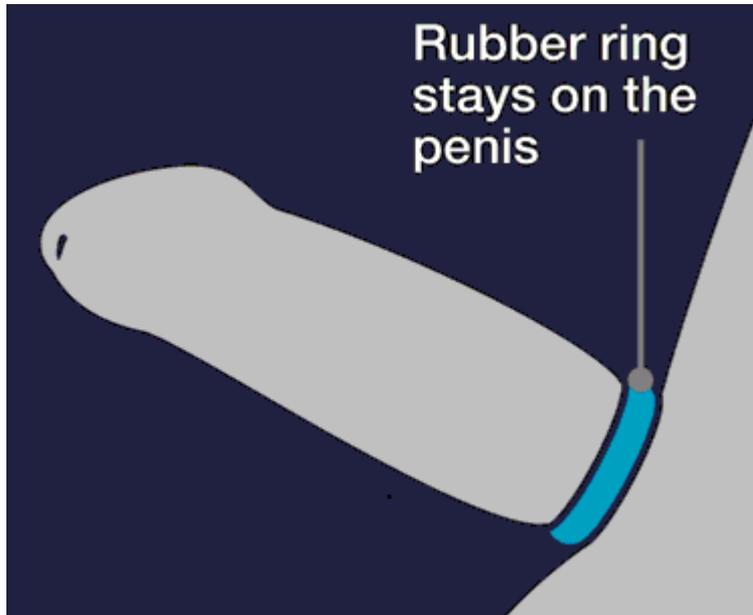
Viagra[®] (*Sildenafil*) is a **blue tablet** comes in doses of 25, 50 and 100 mg, taken **30 to 60 minutes before sexual activity**. You can engage in sexual activity **within 30 minutes**. Effects last for up to 4 hours, but it stays in your system for about 24 hours.

Levitra[®] (*Vardenafil*) is available in 2.5 mg, 5 mg, 10 mg, and 20 mg doses in **round orange tablets**. Levitra should be **taken 25 minutes prior to sexual activity**, with a maximum dose frequency of once per day. It lasts up to 4 or 5 hours.

Cialis[®] (*Tadalafil*) tablets, in 5 mg, 10 mg, and 20 mg doses, are **yellow, film-coated, and almond-shaped**. Cialis[®] can be taken once a day in a lower dose or on demand. You can engage in sexual activity **within 30 minutes** of taking your tablet and for up to 36 hours.



Erectile Drug Harm Reduction

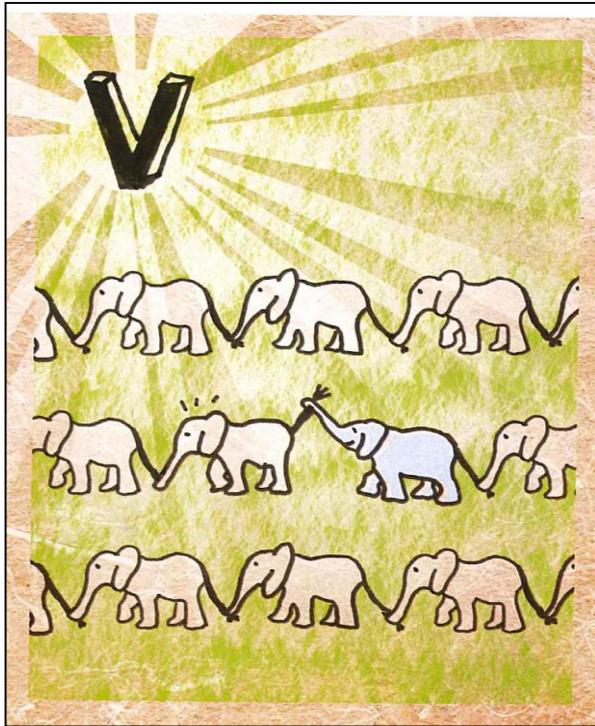


- Pills sold over the internet may be fake. Know your dealer. Know your source.

- Cock rings may be an alternative

- Start with ½ pill. They are intended for Erectile Dysfunction. Higher dose often doesn't mean better hard-ons, but can mean more side effects. More than one dose shouldn't be taken over 24 hours for Viagra.
- They do not work as well following a fatty meal or alcohol
- Do not make you horny or cause instant hard-ons. They start working after you get turned on. Some men say their hard-ons have less feeling and that coming takes longer, but that after they've come they can get hard again quicker.
- Viagra and E together called 'Sextasy' can strain the heart and has been known to cause a hard-on that won't go down

Erectile Drug Harm Reduction



- How much is too much? A hard-on for 4+ hours is a medical emergency, called **Priapism**.
- Seek ER to have drained to avoid permanent damage
- Erectile drugs alter blood pressure. This can complicate heart health with any other drug that alters blood pressure if you take it with uppers like cocaine, E and crystal
- They all stay in the body for different amounts of time. Be aware of this to avoid problems with mixing with Poppers.

Avoid grapefruit products. Although interaction between grapefruit and erectile drugs are relatively minimal, it can boost the toxic effects of the drugs, triggering headaches, flushing or sudden drops in blood pressure

Erectile Drugs and HIV Meds



- Delavirdine (*Rescriptor*), Etrivarinine (*Intelence*), Protease Inhibitors (PIs), and Elvitegravir /cobicistat/TDF/FTC (*Stribild*) can significantly increase the concentration of all erectile drugs:
- Viagra ® should only be taken at 25 mg every 48 hours
- Cialis ® should only be taken at 10mg every 72 hours
- Levitra ® no more than 2.5 mg every 72 hours
- Do not use Stendra® (*Avanafil*) with PIs

Alcohol



- The most widely used party drug
- In small doses it can act as stimulant, but in larger doses it acts as a depressant
- Lowers inhibitions and can make you feel affectionate, sexually confident, sexually assertive, or experimental.

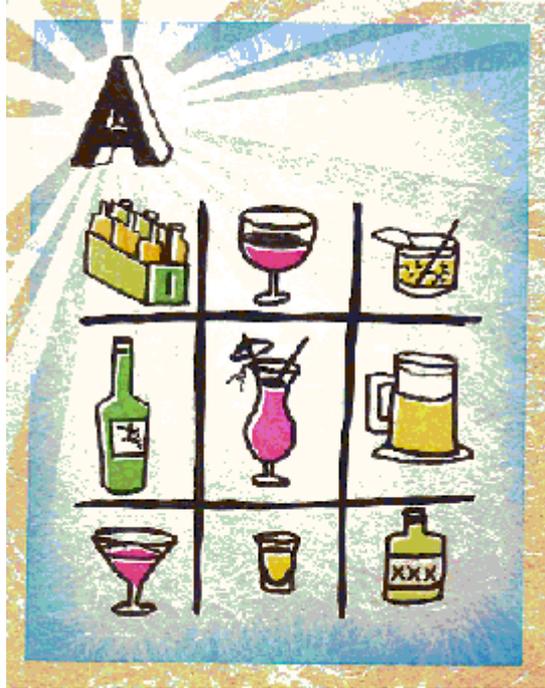
- Can make you feel relaxed, social and outgoing
- Highly addictive. There is support if you're concerned about drinking

HIV Meds:

Didanosine (ddl, Videx) can increase the risk of pancreatitis. If you take ddl do not drink alcohol or drink modestly.

No other known interactions with ARVS. But some folks report needing less alcohol after starting HIV drug regimens

Alcohol Harm Reduction



- Mixing with other drugs increases effects of both alcohol and the drug, so you need less of both. It deadens the effect of E/MDMA, can cause overdose with K, GHB and opiates. GHB and opiate-related deaths often involve alcohol
- With cocaine, creates cocaethylene, which increases effects of cocaine, but is toxic. If mixing, stick with one drink per bump at time and measure your pace
- Numbing effect can make it harder to come and get/stay hard. Try cock ring, and normalise it.
- Affects judgement and can increase risk-taking during sex or say things you don't mean.

- Drink water/eat food between drinks and before sleeping to help with dehydration and hangover symptoms

- Makes anxiety, depression or sleep problems worse. Treat with caution if you're vulnerable to these.

Ketamine / K

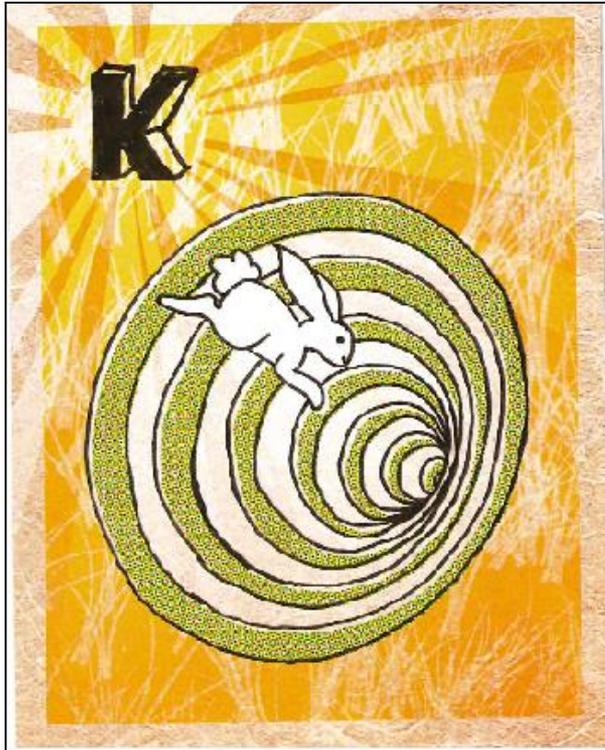


- sold as a white powder that looks like salt, by the vial
- typically snorted in **small** lines or as bumps
- can be injected, swallowed or smoked.
- anesthetic and dissociative : feel detached from body, or are unaware of who you are
- causes changes in auditory or visual sensations
- Larger doses create a psychedelic trip, an out-of-body or near-death experience. Can feel spiritual.



- Higher doses induce a K-hole, temporary paralysis or partial paralysis, where you cannot interact with the outside world

Ketamine Harm Reduction



- Manage your environment when dealing with a K-Hole. It can numb you to pain or discomfort. Be mindful that you can harm yourself on K you may not be aware of it (e.g. falling), causing further damage or injury
- Avoid aspiration: Move people who are in K-holes into recovery position so they do not choke on vomit
- Avoid taking K with alcohol, or eating while on K to reduce the possibility of vomiting.
- Start with $\frac{1}{2}$ or $\frac{1}{3}$ dose and wait $\frac{1}{2}$ hour before doing more
- Tolerance and addiction build quickly. Be open about your use. A sign that your body needs a break from K is urinary tract problems

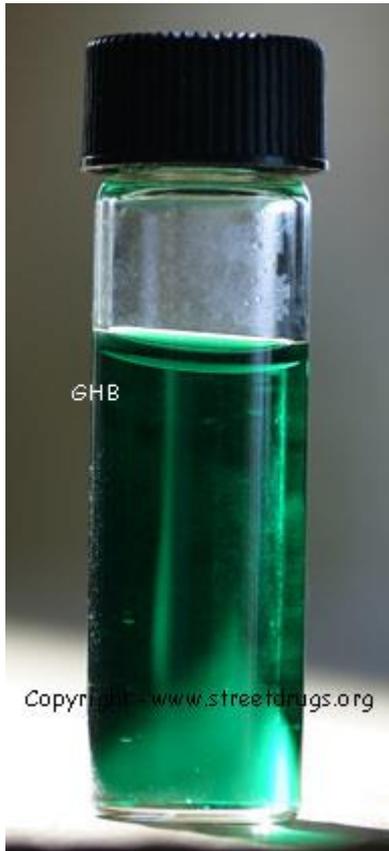
Ketamine and HIV Meds



Do not use K alone

- Protease Inhibitors can increase the effects of K (more sedation, increase blood pressure) and the effects last longer.
- Elvitegravir /Cobicistat/TDF/FTC (*Stribild*) also has this effect. If you use K and are on PIs you can go into a K-hole more easily
- Ritonavir/Norvir can increase drug-induced hepatitis
- Someone in a K hole should be taken away from music and bright lights and reassured that it'll be over soon and they will be OK
- Use unshared, unused injection gear if injecting K. If injecting K, you can go into an instant K hole and fall with a needle stuck in your arm. Be sure you are in a safe position
- have a “trip sitter,” a person who keeps an eye on you while you use to make sure you are ok.

Gamma-hydroxy-buturate/GHB



- Sold by the vial as a clear liquid with a consistency slightly thicker than water. Liquid can be swallowed on it's own but is typically diluted in water or pop, and sipped
- Relaxes you and can make you pass out. A lot of folks use it as a sleep aid or come down after a night of stimulant use
- Creates feelings of peace, happiness, pleasurable touching, and relaxation.
- Feel very sexual. Enhances sense of touch, is disinhibiting, can enhanced erection, and increase intensity of orgasm.



- Effects are sometimes compared to alcohol, but with no hang-over

G Harm Reduction



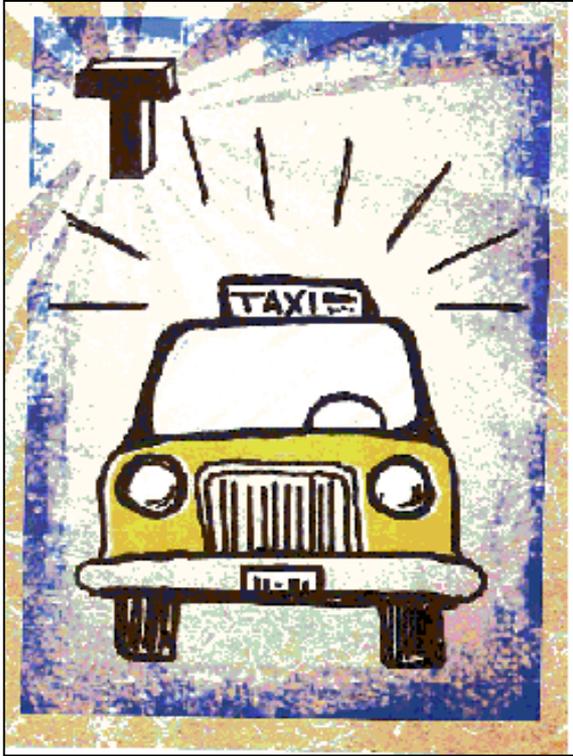
GHB and HIV :

- Protease and Integrase Inhibitors increase the amount of GHB in your system, increasing the potential for an overdose.

- dose-sensitive. Measure it out before dosing. Start with $\frac{1}{2}$ a tsp, wait an hour before taking more.
- Do not mix with alcohol, pain killers, allergy medications or K. You will pass out and/or vomit
- G-Nap, or G'd Out: easy to OD on G, which means you will pass out. Be mindful where doing G. You don't want to fall and hurt yourself
- If someone G's Out, don't leave them alone. Check breathing until they wake up. Put in recovery position. When people wake up from G-Naps, they usually vomit

- People can accidentally drink or intentionally slip G into another another's drink. Avoid putting drinks down. **GHB has a SALTY taste** so if a drink tastes strange toss it!

Sex and Downers: G & K



- G can enhance orgasm, help sustain erections
- G can have disinhibiting effects = wilder, rougher and longer sex sessions. This can create routes of transmission for HIV and Hep C. Have condoms on hand, check regularly and use extra lube
- Amount of GHB needed for sexual enhancement is less than is what is needed for partying or sleep aid. If you're going to use, start with a lower dose and wait.
- On K you may be numb to pain you would normally register, so caution around anal play

• Consent concern for both drugs, as they can make you prone. Plan out your night, how to get home, let your friends know where you are, and negotiate sexual risk you want to take before you get high. People have woken up and not known where they are.

Cannabis



- also known as marijuana, Mary Jane, dope, pot, hash(ish), weed, grass, hemp, or skunk (the name of a stronger variety)

- made from buds & flowers of cannabis plant. It can come as dried herbs or a block of soft, greenish/brown resin
- smoked, sometimes with tobacco, in joints, pipe, bong or vaporizer. Can be cooked into an oil for baked goods like cookies; drug can be eaten
- Being 'stoned' lasts up to 4 hours. It can make you feel: chilled out, sociable, talkative, giggly, and creative. It can slightly alter your perception of touch, sound, light, space and time, and high doses cause mild hallucinations
- Increases appetite, can help with falling asleep, decreases seizures and dulls pain. It is often taken medicinally and is legal in Canada for pain and seizure management, and appetite stimulation.

Cannabis Harm Reduction

- Can cause short-term memory loss, confusion, co-ordination difficulties, and slower reflexes. Do not drive. Plan to leave important things like keys and wallets in secure places
- Overdose feels like nausea, anxiety, paranoia or panic. Try and chill out. It will pass in time.
- Long-term use can decrease motivation and performance at work, in academics and in relationships



- **Same smoking risks as cigarettes:** cancer, chest and breathing problems. Can be higher because cannabis smokers breathe deeper and for longer; cannabis burns at higher temp than nicotine. Bongs most harmful because they concentrate smoke. Vaporizers avoid this.
- Eating also gets around this, but can be tricky to dose. Nibble a small amount and wait 1 hour.
- Medicinally you can take it in pill form, which is a measured dose

Cannabis and Sex

- People associate fewer harms with cannabis, and so it is often used with other drugs.

Know the effects of these other drugs

- Cannabis can make you feel horny, increase your sense of touch and lower your sense of discernment and critical thinking. Talk about the kind of sex you want to have before hand.
- Tranquillising effects can lessen intensity and aggression
- Can increase sensuality but also can broaden sex beyond genital stimulation. It can make sex much more touchy-feely (E and MDMA do this too).
- Can make you withdrawn, tangential and less focused on sex.
- Long-term smoking has similar risks to tobacco smoking, such as skin aging faster and erectile problems. Consider another method of consumption for long-term use.



Cannabis and HIV



Medical marijuana is legal in Canada, you need to consult with your doctor, and apply for a medical marijuana license card:

medicalmarijuana.ca/

- No known drug interactions between Cannabis and HIV meds
- THC, the medicinal component of cannabis can provide medicinal help for some of the side effects caused by ARVs, specifically: nausea, loss of appetite and managing chronic pain
- Helps to manage weight loss
- Prescribed to help with mood and anxiety associated with HIV diagnosis
- Vaporiser, pill form or baked goods form is significantly healthier than smoking
- You can also get a sublingual spray from compassion clubs: Be careful. Can overdose easily with sprays.
- Smoking is the most addictive method of consumption as the high is felt instantly

References

Recreational Drugs and HIV Antiretrovirals – A Guide to interaction for Clinicians.

Prepared by: Antonio Urbina, MD, John Faragon, PharmD, BCPS, AAHIVP

Clinical support tool sponsored by the New York/New Jersey AIDS Education Training Center (NY/NJ AETC).

The data in this guide are a **www.nynjaetc.org**

nynjaetc@columbia.edu

ACT References

Party Drug Harm Reduction (this Power Point) - **Torontovibe:** www.torontovibe.com

Crystal Meth Harm Reduction – **Hi!MyNameIsTina:** www.himynameistina.com

Thank you & Referrals

Gay Men's Sexual Health & Harm Reduction Coordinator, ACT

P: 416.340.8484 ext. 235, E: abusch@actoronto.org

Harm Reduction Support Group for GBT Men – **SPUNK!**:

www.actoronto.org/spunk

Crack Kits and Injection Drug Gear – **The Works**, Toronto Public Health:

www.toronto.ca/health, search “The Works Harm Reduction” or call **311**

Pill Testing Kits – **Dance Safe**: www.dancesafe.org

Medical Marijuana - <http://medicalmarijuana.ca/>

Anonymous Bad Drug Report– www.reportbaddrugsto.ca

 Drug-User Testimonials and Pharmacology - **Erowid**: www.erowid.org