

MIXING DRUGS AND ALCOHOL TOGETHER IS NOT SMART!!!

Caution! Alcohol and other drugs (legal or illegal) do not mix. The combinations can have unpredictable and unwanted consequences.

Alcohol and Energy Drinks/Caffeine: (Mixing stimulants (caffeine) and depressant (alcohol) together)

When using Red Bull or Monster as a mixer or drinking pre-mixed drinks like Four Loko or Sparks, you are tricking your body into thinking it's not tired. Experts call this effect, "wide awake drunk." Your body is more intoxicated than you may feel, which sways you to drink more in order to feel the exhilaration of a good "buzz" but can lead to alcohol poisoning. Energy drinks also increase dehydration which leads to hangovers the next day. Those who consumed both alcohol and caffeine were at least two times as likely -- compared to those drinking alcohol without caffeine -- to be hurt, need medical attention, take sexual advantage of another, or accept a ride with someone who was inebriated.



Alcohol and Adderall (and others i.e. Ritalin, Concerta):



Adderall conceals the alcohol's effects so that you could not gauge how drunk you really are. These stimulants can essentially block the depressant effect shutting off the warning signs to a person's body that they may be drinking too much. The combination can cause irregular heartbeat, increasing heart rate, increasing blood pressure, and paranoid or psychotic reactions, on top of the risks of vomiting, dizziness, muscle twitching and headaches that are more likely to increase when mixed with alcohol.

Alcohol and Painkillers/Tranquilizers: (Includes: Vicodin, Xanax, Valium, Oxycontin, Percocet, Demerol, Norco, etc.)

Painkillers with alcohol is a dangerous combination. The mixture of these two substances can lead to slowed or arrested breathing, lowered pulse and blood pressure, unconsciousness, coma and death.

Alcohol and Marijuana:

Heavy vomiting, spins, very strong paranoia, decreased motor control and decreased mental concentration is possible when mixing marijuana with alcohol. Also, because marijuana suppresses the gag reflex, you may not be able to throw up alcohol when your body needs to.

Alcohol and Cocaine:

Combining cocaine and alcohol produces a high amount of a third unique substance, called cocaethylene, which can lead to cardiovascular toxicity to a much higher extent than any other

drug. Cardiovascular toxicity causes pressure and stress on the heart which may result in heart attack, stroke and sudden death.

Alcohol and Heroin:

Each of these substances alone causes depression of the central nervous system, so the mixture of the two is extremely dangerous and has been proven to be fatal.

Alcohol and Ecstasy:

Mixing a sedative (alcohol) and a stimulant (ecstasy) can not only cause irregular heartbeats, but also dehydration and overheating. Because both of these drugs can cause the bodies temperature to rise without warning, a severe heatstroke can occur. This can potentially cause life threatening problems including unstoppable bleeding, liver and kidney failure, coma, and death. Alcohol and ecstasy is such a popular combination that it is crucial for people to recognize the warning signs of overheating and dehydration. Common symptoms include feeling very hot, confusion, headache, not sweating, fainting, nausea and vomiting. The majority of ecstasy related deaths that have occurred in the past were because the user was consuming alcohol.

Alcohol and LSD/Acid:

Alcohol is mixed with LSD to take down or slow down the effects and relax. However, more commonly combining alcohol can make the comedown of the drug much worse with extreme nausea and vomiting.

Alcohol and Amphetamines:

Amphetamines alone are very risky because of the strain on the heart and the increase in blood pressure. When mixing alcohol with amphetamines side-effects can become much more serious. Consuming alcohol while taking amphetamines can make someone act very aggressive and irresponsible; it is extremely harmful to the kidneys and intensifies hangover effects.

Alcohol and Antibiotics:

It is important to always read the labels on prescription medications and adhere to the warnings about alcohol intake. Drinking alcohol while on antibiotics can cause nausea, dizziness, vomiting, fatigue and in some cases convulsions, immense headache, flushing, rapid heart rate and shortness of breath. This combination reduces the effectiveness of the antibiotics you are taking.

Alcohol and Antidepressants

Combining alcohol with antidepressants (Zoloft, Prozac, etc.) can cause an increased response to alcohol. The combination might create unexpected emotions as well as make the medication less effective. If it is a new prescription, try it out without drinking alcohol so you are familiar with your body's reaction first and ask your doctor if you have problems.

Alcohol and Antihistamines:

Labels typically suggest you stay away from alcohol all together when on antihistamines so it is very important to always check any label on the drug. Drinking alcohol while taking

antihistamines can cause a less effective outcome of the medication as well as cause excessive dizziness. Your body will choose to metabolize the alcohol before the antihistamines.

Alcohol and Birth Control Pills:

Birth control pills take three full hours to get into your blood stream and be effective. The effectiveness of birth control pills is diminished, if you vomit due to drinking or any other causes before that three hour window. Mixing alcohol and birth control can make some people feel nauseous, which can cause vomiting.

Content adapted from information found on: www.niaaa.nih.gov, URochester/Health Topics Alcohol page and Delgado CC Drug and Alcohol Prevention