

Drugs Containing Tranquilizers – July 3, 2024

Recent drug samples have shown to contain various kinds of tranquilizer substances that cause sedative effects, including but not limited to xylazine (also known as ‘Tranq’, a veterinary medicine not approved for human use), benzodiazepines (also known as ‘Benzos’, often prescribed for mental health conditions), etc. When tranquilizers are ‘cut’ or mixed with other unregulated drugs, like opioids, they can greatly increase the risk of drug poisoning (or overdose) for those who use them.

Recognize the Signs of Drug Poisoning with Sedatives

Peterborough Public Health encourages everyone to recognize the signs of a poisoning from drugs containing sedatives:

- Drowsiness
- Slow breathing
- Slow heartrate
- Low blood-pressure

When mixed with opioids, sedative effects can be more severe. Including,

- Blackout periods, potentially lasting hours
- Coma

Staying Safe While Using Drugs,

- **Don’t Use Alone.** Fix with a friend, visit the Consumption Treatment Services (CTS) site at 220 Simcoe Street (open 9:30am-8pm, 7 days/week), or call the National Overdose Response Service at 1-888-688-6677.
- **Start Low, Go Slow.** Only use a very small amount. Use new equipment every time and never share supplies.
- **Inject Safely.** Take your time finding veins. Use new equipment every time and never share supplies. Do not touch or lick sterile needles. Do not attempt to sharpen or sterilize used needles. Clean injection sites well.
- **Use Naloxone and Monitor Breathing.** Naloxone does not work on xylazine but will help with any opioids that may be present. Monitor breathing regularly. Call 911 if breathing is shallow, erratic, or absent. Get a Kit - <https://www.ontario.ca/page/where-get-free-naloxone-kit>
- **Check Your Drugs.** Visit the CTS to check your drugs using fentanyl, benzodiazepine, and xylazine test strips. FT-IR testing is available with limited hours.