

What are the risks?

While some people may enjoy the euphoric effect of lean, it can also produce other less than desirable effects in high doses, including:

Psychological:

- Hallucinations
- Memory loss
- Anxiety with continued use
- Dependency and addiction
- Behavioral changes
- Cognitive impairment
- Permanent psychosis and
- Epilepsy

Physical:

- Extreme sedation
- Overdose
- Loss of consciousness
- High body temperature
- Nausea and vomiting
- Itchy skin
- Severe constipation
- Blurred vision
- Changes in heart rhythms
- Dizziness
- Changes in libido/sexual dysfunction
- Seizures
- Liver damage
- Withdrawal symptoms

Did you know?

Naloxone can reverse the effects of opioid overdose and saves lives. Get a kit from your local drug treatment service.

Overdose signs & symptoms

Drinking high amounts of lean can slow or stop your heart and lungs. The risk of a fatal overdose is even higher when you mix it with alcohol. The most serious potential effect of mixing even a small amount of alcohol with cough syrup is respiratory depression. This reduces the amount of oxygen to your brain. It can lead to organ damage, coma, or death.

Overdose signs:

- Nausea and vomiting
- Blurred vision
- Hallucinations
- Blue Lips
- Trouble breathing
- Low blood pressure
- Weak Pulse
- Seizures
- Loss of consciousness

Find out more

If you would like more information or support on LEAN or you are affected by someone else's use please contact us at Inclusion Recovery Hampshire.

Information is also available at:

NHS Website: www.nhs.uk

Talk to Frank Website: www.talktofrank.com

HOW TO CONTACT US

NORTH: 01782 639856
StarsNorth@mpft.nhs.uk

EAST: 01283 741053
StarsEast@mpft.nhs.uk

WEST: 01785 270080
StarsWest@mpft.nhs.uk

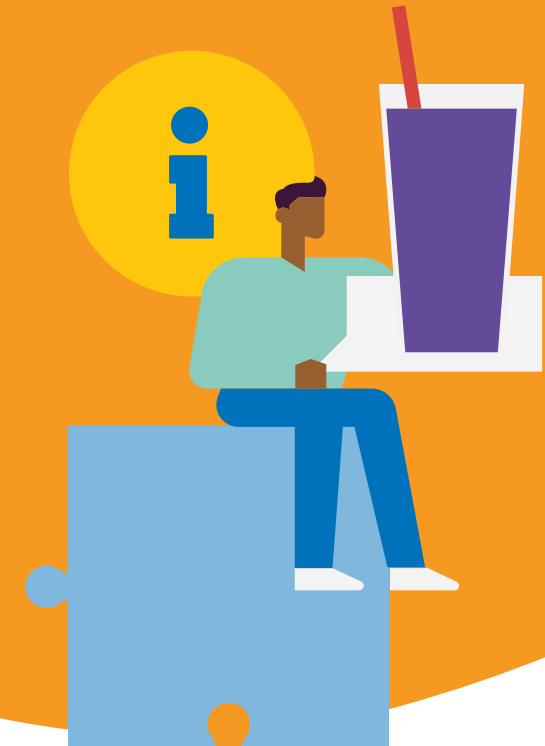
Or visit: www.staffstars.org

You. Me. Us

This leaflet was created by: **NHS inclusion** Part of Midlands Partnership University NHS Foundation Trust Find out more at www.inclusion.org

LEAN

What you need to know!



 STaRS

 @Staffs_TaRS

 www.staffstars.org

What is LEAN?

It is a purple drink made from drugs.

- Lean is a purple drink; also known as purple, purple lean, sizzurp, syrup, dirty sprite, among other names.
- The term “lean” comes from the position it tends to put you in after drinking it.
- The drink is made from over the counter (OTC) medications (prescription-strength cough medicine) and used for its psychoactive effect. It is typically promethazine with a combination, soft drinks and hard fruit-flavored sweets and in some cases alcohol and codeine are added.

The myths

- Lean is not addictive
- Lean is not harmful
- You can't overdose on Lean

How is LEAN taken?

Lean is taken as a drink. When users have taken Lean they report it has several stages or plateaus:

- The first being mild stimulation.
- The second a mix of relaxation and euphoria (similar to alcohol plus cannabis) with mild hallucinations.
- The third a dissociative “out of body” state akin to a low dose of ketamine.
- The fourth level is a fully dissociative state similar to a high dose of ketamine.
- Effects begin within 30–60 minutes and last for approximately six hours.

- Lean creates a feeling of euphoria and relaxation that makes you feel dreamy, almost like you're floating away from your body.
- It acts on your central nervous system (CNS) and slows your brain activity for a sedating effect.

Is it addictive?

Just about every active ingredient used in every variation of lean can increase the amount of dopamine in your brain's reward system and lead to addiction. Unlike dependence which involves your body simply getting used to a substance, addiction results in cravings and a complete loss of control over use. Lean can also have harmful interactions with other drugs, including some OTC medications.



Did you know?

The recovery position is for someone who is unconscious but breathing normally. If they are not breathing normally CPR is required.

Harm reduction

- **Start low, go slow.** While some of these medicines can be bought from a chemist, they can still be very damaging. Poisoning/fatal overdose is possible with codeine, promethazine and paracetamol individually and combining them puts you at risk of death. . Dosage varies greatly depending on what you use to make Lean, so start with a small dose.
- **Less is more.** Try to keep your mix of medicines to a minimum. The more medications you add, the greater the risk you have of coming to harm.
- **Check the contents for Paracetamol.** Paracetamol overdose can kill and also cause permanent liver damage: a standard bottle of linctus for example can contain 8 grams of paracetamol, twice the maximum daily dose.
- **Adding alcohol** (either drinking alcohol when drinking Lean, or if alcohol is an ingredient of the linctus being used) increases the risk of overdose for each substance individually and may result in toxicity.
- **Don't drive under the influence of Lean.**
- **Avoid benzos and nitrous oxide** (balloons). Adding benzodiazepines (such as Valium/ diazepam or Xanax/ alprazolam) to the mix greatly increases the risk of overdose. Using nitrous oxide at the same time as Lean can intensify the effects of promethazine.
- **Look after your mates.** Use with people who can respond in the event of an emergency; if using together don't all use Lean at the same time. Make sure one of you has a mobile phone that works, so that you can call an ambulance if needed.