

- ▶ **Have your drugs tested before taking them:** Drug checking is a great way to reduce your risks, especially with new or unknown substances.
- ▶ **In an emergency:** If someone is unconscious, immediately call an ambulance (144) – it could be lifesaving!
- ▶ **Taking multiple drugs** can take a real toll on your body by increasing the burden on organs such as your liver and kidneys and delaying the breakdown of harmful substances.
- ▶ **Mixing multiple sedating drugs** (downers, e.g. alcohol, benzos, opioids, ketamine) is dangerous because it can slow down your breathing to a life-threatening degree.
- ▶ **Mixing multiple stimulants** (uppers, e.g. cocaine, speed, 3-MMC) strains your heart and body and may cause anxiety or paranoia.
- ▶ **Mixing sedatives and stimulants** (uppers + downers) can create a misleading experience when different drugs mask each other's effects: You may be tempted to take too much and risk an overdose. In addition, this combination is hard on your heart and circulatory system.

- ▶ **Mixing psychedelics** (e.g. shrooms, LSD) **and stimulants** increases the risk of experiencing anxiety and thought loops, making challenging trips much more likely.
- ▶ **Mixing psychedelics and cannabis or alcohol** can intensify the trip and make it harder to keep control.
- ▶ **Mixing drugs with different durations of action** can increase the risk of overdose: When one drug fades, another may suddenly hit harder.
- ▶ **Medications:** ADHD medications, painkillers and sleeping aids can cause dangerous interactions. Beware: Mixing multiple serotonergic substances (e.g. antidepressants and MDMA) can trigger the dangerous serotonin syndrome.
- ▶ **ED medications** (e.g. Viagra) **and poppers** both lower blood pressure, which can get very dangerous.
- ▶ **Any questions?** Get free, anonymous counselling at saferparty.ch

This information is provided for orientation only. It reflects current knowledge as of 2026 and has been reviewed by medical professionals, but cannot be fully verified.



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combi compass



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Be Aware of Drug Interactions

combi compass

	Alcohol	GHB, GBL, BDO	Benzodiazepines	Opioids	Codeine	Tramadol	Ketamine	Poppers	Laughing Gas	Cocaine	(Meth-)Amphetamine	3-MMC, 4-MMC	MDMA	2C-B	Magic Mushrooms	LSD	DMT	Cannabis	ED Medications	MAO Inhibitors	SSRI Antidepressants	HIV Medications	PrEP	
Alcohol	AL	✖	✖	✖	✖	✖	!	!	○	○	○	○	○	○		○	○	○	○	○	○			
GHB, GBL, BDO	✖	✖	✖	✖	✖	✖	!	!	○	○	○	○	○					○	!	!			«G», «liquid ecstasy»	
Benzodiazepines	✖	✖	✖	✖	✖	✖	!	!		○	○								!	!			Xanax, Valium; incl. Z-Drugs (Zolpidem etc.)	
Opioids	✖	✖	✖	✖	✖	✖	!	!	!	○	○								!	!			Heroin, Oxycodone, Morphine, Fentanyl etc.	
Codeine	✖	✖	✖	✖	CO	!	✖	!	○	!	○									!			«lean»	
Tramadol	✖	✖	✖	✖	!	TR	✖	!	!	!	!	✖	✖	○					!	!	○			
Ketamine	!	!	!	✖	✖	✖	KE	!	○	○	○	○				○	○		!	!				
Poppers	!	!	!	!	!	!	!	PP	○	○	○	○	○	○				○	!					
Laughing Gas	○	○		!	○	!	○	○	LA	○	○	○	○			○	○	○	○	○			«nitrous», «whippets»	
Cocaine	○	○		!	!	!	○	○	○	CC	○	○	○			○	○	○		!			«coke», «blow»	
(Meth-)Amphetamine	○	○	○	○	○	!	○	○	○	○	AM									!			«speed», «tina», «ice», «crystal meth»	
3-MMC, 4-MMC	○	○	○	○	○	✖	○	○	○	○	○	3/4	○						○	!	!		«mephedrone», «m-cat», «meow»; incl. 2-MMC	
MDMA	○	○				✖						○	MD						○	!	!		«ecstasy», «molly»	
2C-B	○						○							2C					○				not to be confused with the pink powder «tusi»	
Magic Mushrooms															MM	○	!	○		○			Psilocybin, Psilocin	
LSD	○						○									LS	!	○						
DMT	○						○										!	DM	○		!	○		
Cannabis	○	○						○	○	○	○	○	○					○	○			CA		
ED Medications	○	!	!	!		!	!	!	○		○	○										P ED	!	Viagra, Sildenafil, Tadalafil
MAO Inhibitors	○	○	○	!	!	!	○			!	!	!	!	○	○	○	!	○			!	!	!	Syrian Rue, etc.
SSRI Antidepressants	○					○						!	!				○			!	SS			incl. St. Jon's Wort
HIV Medications																			!	!		HIV	!	
PrEP																						!	PR	

- ✖ Danger: Risk of death!
- ! Warning: High risk
- Risky
- Less risky
- ! Check with your healthcare provider first

Combining multiple drugs is not recommended, since the effects and risks can add up unpredictably.

- If you decide to mix anyway:
- ▶ Avoid dangerous combos.
 - ▶ Educate yourself about each of the drugs and try them one at a time first.
 - ▶ Take especially low doses of each substance.

Are you taking medication? Check with your healthcare provider to rule out any risky interactions – they are bound by confidentiality!

Remember: Each individual reacts differently to drugs. There is no such thing as risk-free use.