

combi sexo y drogas compass

EN



Combining multiple drugs is not recommended. Effects and risks can add up unpredictably, and it puts an extra burden on your body. **If you decide to mix anyway:**

- ▶ **Avoid dangerous combinations.**
- ▶ **Educate yourself thoroughly** about each drug and try them one at a time first.
- ▶ **Take especially low doses.**
- ▶ **Avoid redosing if you can,** or at least be extra careful – make sure to wait until effects have peaked.
- ▶ **Mixing multiple stimulants** (uppers, e.g. cocaine, speed, 3-MMC) strains your heart and body and may cause anxiety or paranoia.
- ▶ **Mixing ED medication and poppers** dangerously lowers blood pressure.
- ▶ **In an emergency:** Immediately call 144 if someone is unconscious!
- ▶ **Are you taking any medication?** Ask your doctor about interactions – they're bound by confidentiality.
- ▶ **Sex requires clear consent** – only «yes» means yes, even if on drugs.
- ▶ **Any questions?** Use free, anonymous drug checking or get an online consultation at saferparty.ch.

Every individual reacts differently to drugs. There is no risk-free use. This information is provided for orientation only. It reflects the latest scientific knowledge as of 2026 and has been reviewed by medical professionals, but not all of the data can be fully verified.

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eve &
rave
just say know

combi compass

sex+drugs edition

Danger: Risk of death!



Risky



Warning: High risk



Less risky



Check with your healthcare provider first



	Alcohol	GHB, GBL, BDO	Poppers	Ketamine	ED Medications	Cocaine	(Meth-)Amphetamine	3-MMC, 4-MMC	MDMA	LSD	Cannabis	HIV Medications	PrEP	
Alcohol	AL	✗	!	!	○	○	○	○	○	○	○			
GHB, GBL, BDO	✗	✗	!	!	!	○	○	○	○		○			«G», «liquid ecstasy»
Poppers	!	!	PP	!	!	○	○	○	○		○			
Ketamine	!	!	!	KE	!	○	○	○		○				
ED Medications	○	!	!	!	ED		○	○	○			!		Viagra, Sildenafil, Tadalafil
Cocaine	○	○	○	○		CO	○	○	○	○	○			«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»
LSD	○			○		○	○	○		LS	○			
Cannabis	○	○	○			○	○	○		○	CA			
HIV Medications					!							HIV	🛡️	
PrEP												🛡️	PR	



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