

METHYLPHENIDATE

WHAT YOU NEED TO KNOW

What is it?

Methylphenidate is a stimulant



Methylphenidate works by speeding up certain parts of the brain. It comes in tablets and capsules, but may also be used in powder form.

People may use methylphenidate without a prescription to lose weight, study, or feel euphoric ('high').

Other names for methylphenidate

Poor man's cocaine

Kiddy coke

Study buddies

Uppers

Ritalin

Speed

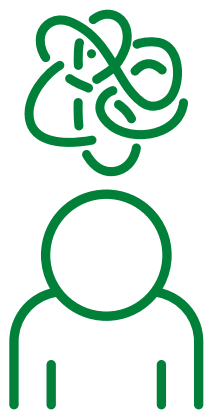
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How is it used?

Methylphenidate may be taken by mouth, crushed into a powder for snorting, or injected.



What are the effects?



Right after using methylphenidate, you may feel very **restless or hyper**.



Using methylphenidate regularly may cause **weight loss** from a lack of appetite.



Methylphenidate can **raise your blood pressure and heart rate** dangerously high. You may feel tightness in your chest.



Injecting methylphenidate can increase your risk of serious infections, like hepatitis C or heart infections.



Methylphenidate can lead to difficulty getting to sleep.



In rare cases, a person using methylphenidate may become very paranoid and aggressive.

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When do you seek emergency help?



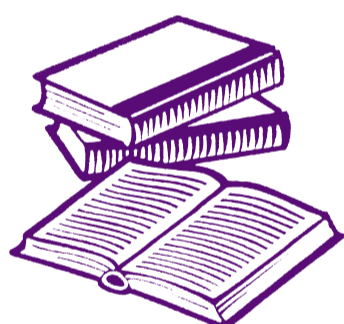
Overdose or poisoning: Taking too much methylphenidate than your body can handle, or combining it with other stimulants.

Signs: Being short of breath, chest tightness, a heart rate that is very fast or uneven, confusion, psychosis, and hallucinations

Get help right away! Methylphenidate can be very harmful to the heart in large amounts.

Did you know?

Taking methylphenidate to study when you don't have ADHD won't actually boost your brain power. If anything, it may make it *harder* to concentrate!



Prescribed Methylphenidate

Methylphenidate is safe and effective when used orally at a proper dose that has been prescribed to you.

Methylphenidate has many medical uses like ADHD and narcolepsy.

Appropriately treating these conditions is associated with a lower risk of substance use!

For more information visit us at:

www.DECYDE.ca

How to stay safer?

- 1 **Avoiding methylphenidate use** is the best way to stay safe, but that may not be realistic for everybody.
- 2 **Start low and go slow:** This lowers your risk of accidentally taking too much.
- 3 **Take by mouth!** Injecting and snorting increase your risk of infection and damage to your nose or veins.
- 4 **Don't mix!** Mixing methylphenidate with other drugs, such as alcohol, caffeine, or cocaine, can greatly increase your risk of causing harm to your heart. It is very dangerous to mix with other stimulants, like cocaine.
- 5 **Moderate use.** Methylphenidate dependence can affect your relationships with friends and family.
- 6 **Bring a buddy!** In case you need help
- 7 **Use proper, clean supplies!** Serious infections can be passed through shared needles. Homemade supplies can increase your risk of hurting yourself or getting infected

SWAP provides proper supplies for injecting, smoking, and snorting drugs.
To find out more, call or text **709-757-7927**.

These documents are intended to support educators in their delivery of drug education. They are not for direct student use unless deemed developmentally appropriate.

References:

1. Bowman, E., Coghill, D., Murawski, C., & Bossaerts, P. (2023). Not so smart? "Smart" drugs increase the level but decrease the quality of cognitive effort. *Science Advances*. 9(24). DOI: 10.1126/sciadv.add4165.
2. Lexicomp. (2023). Methylphenidate. *UpToDate*. Retrieved August 11 2023, from http://online.lexi.com.qe2a-proxy.mun.ca/lco/action/doc/retrieve/docid/patch_f/7281?cesid=3LnNlpt3aIC&searchUrl=%2Ffco%2Faction%2Fsearch%3Fq%3Dmethylphenidate%26t%3Dname%26acs%3Dfalse%26acq%3Dmethylpheni