

**Taking drugs means taking risks. The consequences could affect you and those around you. Know the facts, plan in advance and give yourself the time to have your own experiences – and learn from them.**

Be especially careful when mixing drugs. It puts a great strain on the body and psyche. The effects are difficult to assess and don't simply correspond to the sum of the individual effects.

**Approach drug use with a low-risk attitude:**

- Find out about the substance and have it tested in Drug Checking. See [know-drugs.ch](https://www.know-drugs.ch) for the latest warnings about products.
- Think about how you're feeling and whether you're well enough to consume drugs. Visit [drgay.ch/chemsex](https://www.drgay.ch/chemsex) to learn more about the interactions of sex and drugs.

**There's support if you need it.**

If your drug use is causing you problems, you have questions, or you need support, counselling is worthwhile. Counselling centres like Checkpoints can help you. More at [drgay.ch/contacts](https://www.drgay.ch/contacts)

**Don't mix**

**the risk.**

Find out about the risks of mixed drug use. [drgay.ch/chemsex](https://www.drgay.ch/chemsex)

**Dr. Gay**

## Interaction with mixed drug use

	Alcohol	Poppers	Cannabis	Viagra®, Cialis®, Levitra®	Benzos, Xanax, Valium	Cocaine	GHB, GBL	Ketamine	MDMA, Ecstasy, Speed	Crystal/Tina	4-MEC, 3-MMC, 4-MMC/Mephedron
Alcohol		●	●	●	☠	☠	!☠!	☠	●	●	●
Poppers	●		●	●	●	●	●	●	●	●	●
Cannabis	●	●		●	●	●	●	●	●	●	●
Viagra®, Cialis®, Levitra®	●	●	●		●	●	●	●	●	●	●
Benzos, Xanax, Valium	☠	●	●	●	●	●	!☠!	●	●	●	●
Cocaine	☠	●	●	●	●	●	☠	☠	●	●	●
GHB, GBL	!☠!	●	●	●	!☠!	☠		!☠!	●	●	●
Ketamine	☠	●	●	●	●	☠	!☠!		☠	☠	☠
MDMA, Ecstasy, Speed	●	●	●	●	●	●	☠		●	●	●
Crystal/Tina	●	●	●	●	●	●	☠	●	●	●	●
4-MEC, 3-MMC, 4-MMC/Mephedron	●	●	●	●	●	●	☠	●	●	●	●

Taking drugs means taking risks. This table is not a guarantee. Other factors increase the risk, especially your mental and physical health.



Effects increase each other.



Effects tends to decrease each other.



Combination is dangerous or !life-threatening!