

# the RED CUP Q&A

## separating alcohol fact from fiction

### wildfact

Sonoran Prevention Works facilitates the largest free naloxone distribution network in the state. You can learn more about how to reduce deaths by overdose by visiting [spwaz.org/overdoseprevention](http://spwaz.org/overdoseprevention)

## My friend says that taking cocaine after alcohol will sober me up. That seems wrong. Can it be true?

The easy response is, go with your instincts. If it were a math problem, I could see the logic in your friend's premise. This is chemistry and physiology, not math. Cocaine can make one "feel" that the physical and mental deficits created by the alcohol are improved but that's not what's really happening.

There is no science which supports the idea that cocaine (a stimulant) will negate the effects of alcohol (a depressant). Co-use leads to the formation of cocaethylene in the body which can slow down the "sobering" process, intensify the likelihood of physical and psychological disorders, endanger the heart rate, and increase a tendency towards violent thoughts, threats, and behaviors.

Keep in mind that street dealers are now cutting many of their drugs, including cocaine, with powerful synthetic opioids (painkiller) like Fentanyl. Anyone planning to use street drugs should keep Naloxone (an opioid inhibitor) on hand in case of unintended opioid overdose. The consequences of taking all three drugs (alcohol, cocaine, and fentanyl) concurrently are seen daily in emergency rooms and morgues across the country.

Some people who use drugs have a tendency to normalize and trivialize the effects of their use. I encourage you to continue to seek answers from respected sources and not count on anecdotal advice from someone who may be trying to justify their habits. **If it sounds sketch, it probably is.**

Got a question about alcohol? Email it to [redcup@email.arizona.edu](mailto:redcup@email.arizona.edu)



[www.health.arizona.edu](http://www.health.arizona.edu)



## CAMPUS HEALTH

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