

Mixing Alcohol and Stimulant Drugs

Stimulants or uppers (e.g., Adderall, Ritalin, Concerta, Cocaine) are substances that temporarily increase mental alertness, attention, heart rate, and energy.

Adderall, a prescription medicine commonly used to treat ADHD, has become an increasingly popular **study drug** among college students. This stimulant is often misused as a way to pull all-nighters, focus while studying, including staying awake for long periods to extend late night partying.



1 in 5

college students between the ages of 18 to 25 report abusing prescription stimulants at least once in their lifetime.



Dangers of Mixing Alcohol and Stimulants

Combining stimulants like Adderall with alcohol can have unpredictable and unwanted consequences. This can lead to binge drinking, blackouts, aggressive or dangerous behaviors, and even potentially deadly alcohol poisoning.

Health Risks

- Increased body temperature
- Increased heart rate
- Irregular heart beat
- Elevated blood pressure
- Respiratory depression
- Dehydration

Safety Tips

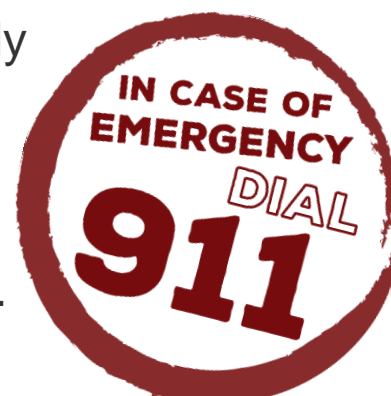
- Avoid mixing stimulant drugs with alcohol, including energy drinks.
- It is illegal to share or sale prescription medication to another person.
- Take medications only as directed by your health care professional.
- If you suspect an overdose or alcohol poisoning, call 911 immediately.

Alcohol Poisoning

Stimulants counter the depressant qualities of alcohol making you feel less intoxicated. When taking these substances together you are likely to drink more which can quickly lead to alcohol poisoning.

Know the symptoms of alcohol poisoning:

- C**—cold, clammy, pale or bluish skin
- U**—unconscious or unable to be awakened
- P**—puking repeatedly or uncontrollably
- S**—slow or irregular breathing



The Department of Health Promotion

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