

Using Non-Prescribed Benzos: A Harm Reduction Guide

Filter

1

IT'S SAFER TO SEEK MEDICAL ADVICE AND USE BENZODIAZEPINES THAT HAVE BEEN PRESCRIBED TO YOU. * DO YOU STILL WANT TO TAKE THIS NON-PRESCRIBED PILL?

YES — GO TO STEP 2
NO — OK!



2

* DO YOU KNOW FOR CERTAIN THAT YOUR PILL WAS ORIGINALLY PRESCRIBED TO SOMEONE BY A DOCTOR?

YES — GO TO STEP 3
NO — GO TO STEP 6



3

TAKE A SMALLER AMOUNT INITIALLY THAN YOU THINK YOU WANT. AVOID USE IN HIGHER-RISK SITUATIONS, SUCH AS WHILE DRIVING, OR WITH PEOPLE YOU DON'T TRUST. SET PERSONAL BOUNDARIES ABOUT YOUR USE TO AVOID EXCESSIVE OR COMPULSIVE RE-DOSING.

* DO YOU PLAN TO USE BENZOS IN COMBINATION WITH OTHER DRUGS?

NO — GOOD, THIS IS MUCH SAFER.
YES — GO TO STEP 4.



4

ABOVE ALL, AVOID COMBINING BENZOS WITH ALCOHOL, GHB OR OPIOIDS; THESE COMBINATIONS ARE EXTRA-RISKY AND CAN BE FATAL.

* DO YOU PLAN TO COMBINE THESE DRUGS?

YES — GO TO STEP 5
NO — GOOD, THIS IS MUCH SAFER.



5

MAKE SURE YOU'RE WITH FRIENDS WHO CARRY NALOXONE AND KNOW HOW TO USE IT. IF YOU'RE GOING TO COMBINE BENZOS WITH ANOTHER DRUG DESPITE THE RISK, IT MAY BE BETTER TO TAKE THE OTHER DRUG FIRST. THIS IS BECAUSE BENZOS LOWER INHIBITIONS, SO IF YOU USE BENZOS FIRST, YOU MAY END UP TAKING MORE OF THE OTHER DRUG THAN YOU INTENDED.



6

IF YOUR PILL DIDN'T ORIGINATE FROM A DOCTOR, YOU DON'T KNOW WHAT'S IN IT. CHECK A CHUNK OF IT WITH A FENTANYL TEST STRIP IF YOU CAN. * ARE YOU GOING TO FENTANYL-TEST BEFORE USE?

NO — GO TO STEP 7.
YES — GOOD, THIS IS MUCH SAFER. GO TO STEP 11.



7

CHECK YOUR PILL VISUALLY TO SEE IF MIGHT BE A "PRESSED" PILL (MANUFACTURED BY A NON-PHARMACEUTICAL SOURCE). * DOES IT HAVE ANY OF THE FOLLOWING?

IMPERFECT MARKINGS - ASYMMETRICAL SHAPE - INCONSISTENT THICKNESS - NO WAXY COVERING

YES — GO TO STEP 8.
NO — GO TO STEP 5.



8

YOUR PILL SEEMS TO BE ILLEGITIMATELY MANUFACTURED AND IS HIGHLY LIKELY TO CONTAIN POTENTIALLY DANGEROUS ADULTERANTS. * DO YOU STILL INTEND TO USE IT?

YES — GO TO STEP 9.
NO — GOOD, THIS IS MUCH SAFER.



9

TASTE A TINY PIECE OF IT.
* DOES IT HAVE A BITTER TASTE?

YES — GO TO STEP 3.
NO — GO TO STEP 10.



10

BENZOS TYPICALLY HAVE A BITTER TASTE. YOUR PILL MAY CONTAIN SOMETHING DIFFERENT. * DO YOU STILL INTEND TO USE IT?

YES — GO TO STEP 5.
NO — GOOD, THIS IS MUCH SAFER.



11

* DOES YOUR PILL TEST POSITIVE FOR FENTANYL?

YES — GO TO 12.
NO — GO TO 3.



12

FENTANYL IS EXTREMELY POTENT AND ASSOCIATED WITH MANY DEATHS. THIS PILL IS DANGEROUS.

I INTEND TO USE IT ANYWAY — GO TO STEP 5.



THE INFORMATION PRESENTED HERE IS BASED ON THE FILTER ARTICLE "[WE NEED TO TALK ABOUT BENZODIAZEPINES—INCLUDING THEIR USE IN DRUG COMBINATIONS](#)," BY KAT HUMPHRIES. READ THE FULL ARTICLE FOR FURTHER INFORMATION.

FILTER DOES NOT ADVOCATE DRUG USE, BUT RECOGNIZES THAT MANY PEOPLE CHOOSE TO USE DRUGS AND SHOULD BE EQUIPPED WITH KNOWLEDGE TO REDUCE RISKS. THIS INFOGRAPHIC IS NOT INTENDED TO CONSTITUTE MEDICAL ADVICE. ALWAYS SEEK THE ADVICE OF A MEDICAL PROFESSIONAL IF THAT IS POSSIBLE FOR YOU.

