



## Etizolam

**Drug overview:** Etizolam is a benzodiazepine analogue. It has a broadly similar pharmacological profile to benzodiazepine drugs such as Diazepam, Xanax and Clonazepam. A 1mg tablet is equivalent to a 10mg diazepam (Valium) tablet, so about ten times the strength. The recommended medical dose of Etizolam, in countries where it is legal (not in the UK), ranges from 1 to 4 mg per day.

**Legal status:** Etizolam is a banned drug in the UK and has been branded as not fit for human consumption. It is not even a controlled prescribed drug. It used to fall under the umbrella of legal highs until the Psychoactive Substances Act came into force in May 2016, declaring it a dangerous and illicit Class C drug.

**Appearance:** Etizolam comes in various forms; it typically comes in 1mg and 2mg tablet form sometimes described as 'pellets' for oral consumption (with the size, shape, colour and markings of tablets varying from one manufacturer to another) (See above pictures for examples). It is also possible to purchase in powder form, which is often white. Anecdotal reports suggest that it is rare for users to purchase the powder form in the UK and we have no recent reports of this in our teams..

**Brand/Street names:** Etizolam is marketed under various brand names around the world, including Depas, Etilaam, Etizest, Etizola, Etizolan, Pasaden and Sedekopan2. Common street names are Etiz, Etizy, street vallis and Easy.

**Cost:** Etizolam varies in cost, depending on the form and quantity purchased. They can range from £1 for single tablets (or in quantities less than 10), to as low as 5p per tablet at larger quantities. 100 tablets typically cost around £40. These tablets are usually purchased from Thailand, America and India online.

**Dosage:** Recreational oral dose: **Light** 0.5 mg **Common** 1-2 mg **Strong** 3-4 mg **Heavy** 5 mg +

**Onset, duration and after effects:** Oral doses have an onset of 30-60 minutes and peak at 3-4 hours. The duration is generally 6-8 hours although higher doses can last longer. Usual after effects are between 1-5 hours although many users report few after effects, especially if they have had a 7-8 hour period of uninterrupted sleep after use.

### Physical effects of Etizolam abuse include:

- |                   |                        |  |
|-------------------|------------------------|--|
| * drowsiness      | * confusion            | * memory problems                      |
| * sleepiness      | * slurred speech       | * uncontrolled shaking of arms or legs |
| * muscle weakness | * change in libido     | * urinary retention/ incontinence      |
| * vertigo         | * visual disturbances  |  |
| * headache        | * excessive salivation |  |

**Mixing :** Etizolam can interact very dangerously with alcohol, potentially causing death. Even at low dosages, etizolam can greatly enhance the effects of alcohol (and vice versa) increasing the risk of dangerous accidents and other undesired consequences.

**Overdose:** Etizolam abuse specifically can result in death or permanent impairment as result of overdose, and serious withdrawal symptoms including potentially fatal seizures and heart attacks, if you think someone has taken too many Etizolam or has been mixing substances, put them in the recovery position and dial **999** immediately informing the controller of what you think has been taken.

**Withdrawals:** For those who become addicted to Etizolam they can experience nasty withdrawal symptoms, which can include decreased concentration, tremors, nausea, vomiting, headaches, anxiety, panic attacks and depression. Very uncomfortable bodily sensations can also develop, including fitting which in severe cases can be fatal. Withdrawal typically begins one or two days after the last dose and usually lasts for between two and four weeks – though longer periods of withdrawal are not uncommon.

Sudden withdrawal after big doses or from some specific drugs can cause panic attacks and fits. Detoxification from etizolam can result in withdrawals which can be deadly, and should **never** be attempted without medical assistance.

FOR FURTHER ADVICE & INFORMATION OR TO MAKE A REFERRAL PLEASE CONTACT THE TEAMS ON

0800 043 4656 Option 2 for Dorset or 01202 741414 for Poole