

# BENZOS IN DOWN: WHAT WE SEE AT SUBSTANCE

**IMPORTANT:** Benzo effects last much longer than fentanyl, which can be tricky when you only have benzo-down to use. Benzo effects accumulate when redosing, which can lead to long-lasting sedation and slowed breathing.

NAME	HOW LONG DOES IT LAST?	STRENGTH COMPARED TO XANAX?	DO WE SEE IT IN DOWN IN VICTORIA?
ALPRAZOLAM (Xanax)	5-8 hours	It is Xanax!	Rarely
BROMAZOLAM	5-8 hours	Similar in strength	Very often! The majority of benzo-down tested at Substance contains bromazolam
ETIZOLAM	5-8 hours	1/2 as strong	Sometimes
FLUALPRAZOLAM	5-8 hours	2x as strong	Sometimes
FLUBROMAZOLAM	6-12 hours	3x as strong	Sometimes
FLUBROMAZEPAM	12-18 hours	1/5 as strong	Rarely
LORAZEPAM	5-8 hours	2/3 as strong	Rarely

## HARM REDUCTION TIPS FOR BENZO-DOWN:

- Start low & go slow!
- Use with someone you trust
- Get your drugs tested when possible
- If an overdose happens, give breaths AND naloxone

