

Lean



Known as

purple drank, sizzurp, syrup



How it's used

Lean is made by mixing prescription cough syrup with codeine and promethazine into a soft drink, often with a boiled sweet. It's usually purple but can vary



How it can make you feel

A sense of wellbeing, sedated, slowed breathing and heart rate, euphoric, hallucinations, dissociated



How long it lasts

Effects begin within 30 - 60 minutes and can last up to 6 hours



Important to know

Lean may contain codeine (an opioid), promethazine (an antihistamine), and dextromethorphan (found in over-the-counter cough and cold medications).

What it can do

- Make breathing slow down to a dangerous level, or stop completely
- Lower inhibitions
- Bring on drowsiness and unsteadiness, increasing the risk of an accident
- Cause paracetamol overdose

How to reduce the risks

- Start low and take it slow
- Don't drink mixtures made by other people
- Take breaks and try not to use often to reduce the risk of dependency
- Know the signs of an opioid overdose
- Take it in turns, if using with others, so someone can call for help if needed
- Carry naloxone, a first aid medication that can reverse the effects of opioids
- Test your drugs. You can send a sample to WEDINOS who will post the results anonymously online



If you or anyone you are with are unwell, call 999 or seek medical help straight away



If you would like information, advice or support with substance use, visit www.inspireservice.co.uk

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