

What is Lean?

Lean is a drink typically made from a cocktail of substances including; codeine, promethazine, paracetamol and dextromethorphan.

Lean contains codeine which is an opiate. This is a highly addictive substance.

A person who is physically dependent on codeine should seek medical advice.

Codeine and other drugs should only ever be used in line with medical advice and guidelines.

Codeine is only available on prescription, when not in combination with another substance.

The Law

- Codeine is a Class B substance controlled under the Misuse of Drugs Act. A Class B substance is illegal to buy or supply.
- Being in possession of codeine, if not prescribed, can result in 5 years in prison and an unlimited fine .
- Supplying codeine illegally can result in a prison sentence of 14 years and an unlimited fine.

Catch22 Surrey Young People's Substance Misuse Service

Catch22 Surrey Young People's Substance Misuse service is a service for young people aged between 11 and 25.

We offer free confidential advice and support.

If you would like to know more about the risks and effects of alcohol or drugs, and/or would like to access support - we will listen and work with you with to achieve the changes you would like to make.

Please contact

24/7 helpline: 08006226662

T: 01372 832905

Text: 07595088388

Email: yppsm@catch-22.org.uk

Website: <https://www.catch-22.org.uk/services/surrey-young-peoples-substance-misuse-service/>

Instagram: [sypsms_c22](https://www.instagram.com/sypsms_c22)

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**catch-22.org.uk
01372 832905**

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LEAN

AKA: 'Purple Drank',
'Dirty Sprite', 'Sizzurp'

UNDERSTANDING THE RISKS

There is no safe level of drug use. It is important to be careful when taking any type of drug.



10 THINGS YOU NEED TO KNOW

1. If you prepare or use lean you cannot be sure how strong the mixture is. As a result there is a high risk of overdose, which can be fatal.
2. If you drink lean prepared by others you don't really know what drugs it might contain or what effect it may have.
3. Codeine can lower blood pressure and can cause difficulty breathing. This can lead to a person stopping breathing which can result in death.
4. Using codeine whilst pregnant can lead to the new born baby experiencing symptoms of withdrawal after birth.
5. Using lean together with alcohol or other drugs is very dangerous, and can have unpredictable effects, especially when used with other central nervous system depressants such as; benzodiazepines, alcohol or other opioids, as they also slow breathing and heart rate.
6. Lean can cause both psychological and physical dependence if used regularly. The codeine in lean is an addictive substance and you may experience unpleasant symptoms when use is stopped.

7. Lean may contain promethazine, which is an antihistamine, promethazine can cause sedation.
8. Lean may also contain paracetamol and/or Ibuprofen which can cause kidney failure, liver failure and bleeding from the stomach all of which can be fatal.
9. The sedative effective of lean can effect your ability to operate machinery or drive safely and could be very dangerous to you and others, resulting in police action and legal consequences.
10. Using lean can have a negative effect on your mental health.



Symptoms of overdose Include:

Difficulty in breathing , low heart rate, blue appearance to lips and extremities, drowsiness , confusion dizziness , cold and clammy skin , unresponsive , coma.

Symptoms of withdrawals Include:

Tremors, anxiety, yawning, sweating, runny nose, sleep disturbance, nausea, goose-bumps, restlessness, diarrhea, abdominal cramps, difficulty sleeping and muscle spasms.

If you have used lean , or withdrawing from lean and you are feeling unwell or notice someone is unwell whilst using lean seek medical attention. For urgent medical advice contact 111 or 999 in an Emergency