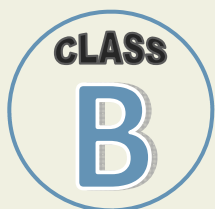


## THE LAW

- Novel Psychoactive Substances (NPS) are controlled substances under the Misuse of Drugs Act (1971).
- Mephedrone is a Class B drug, which means it is illegal to possess, sell or give away.
- Possession can result in prosecution and up to a five year prison sentence or an unlimited fine.
- Supplying someone else, even your friends, can result in a prison sentence of up to 14 years or an unlimited fine.
- Being convicted of a drug-related offence could have a serious impact on your future. This could affect the types of jobs you apply for and stop you from entering certain countries.



## CONTACT INFORMATION

**If you would like support around your substance use, please complete a self-referral form and return to Health Care.**

### PALS

To make a comment, raise a concern or make a complaint, please contact the Trust's Patient Advice and Liaison Service (PALS).

Tel: 01249 468261

Freephone: 0800 073 1778

Email: [awp.pals@nhs.net](mailto:awp.pals@nhs.net)

### OTHER FORMATS OR LANGUAGES

If you need this information in other formats (such as large print, Braille) or in another language, please call PALS

Lead: Chris Eade  
Leaflet code: 326  
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HMP BRISTOL  
**Substance Misuse Team**

# Mephedrone

## Know the effects



## WHAT IS MEPHEDRONE

**Mephedrone is also known as meow meow, meph, m-cat and miaow**

Mephedrone is a powerful stimulant and is part of a group of drugs which are closely related to amphetamines, like speed and ecstasy.

Mephedrone can be a fine white, off-white or a yellowish powder.

It was originally sold over the internet as a 'legal' alternative to drugs like speed, ecstasy and cocaine.

To get around the law, dealers said that the mephedrone they were selling was plant food or a bath salt and not for human consumption.



## EFFECTS

The effects of mephedrone can vary and can affect people differently. It is never certain what effect it will have on the user.

Reported effects include heart palpitations, insomnia, loss of short-term memory, vertigo (a form of dizziness), grinding of teeth, sweating and uncomfortable changes in body temperature.

Blurred vision and muscle tension in the face and jaw are likely.

Mephedrone can also make users feel paranoid and anxious, and can cause vomiting and headaches.

It can over-stimulate the nervous system, causing hallucinations, feelings of agitation and even fits. It can also raise blood pressure, which can lead to heart problems and strokes.

Mephedrone causes stress to the heart, so could bring on a heart attack.

It has a particularly bad 'come down' and studies have shown an increased rate of suicide in the 'come down' period.

After effects can include low mood, feeling dizzy, tiredness and mood swings.

## THE RISKS

- All drugs pose a risk of dependency and can cause short and long-term damage to your health.
- Mephedrone use can lead to psychological dependence. Regular users may experience cravings and the need to take increasing amounts.
- Many white powders may be sold as popular drugs such as mephedrone and MDMA, but contain more harmful substances.
- Research suggests that, on average, mephedrone is 50% pure, being mixed or cut with other substances, such as caffeine, monosodium glutamate (normally used as a flavour enhancer) and benzocaine (a local anaesthetic which can produce a 'numbing' effect). In some cases, the powder contains no mephedrone at all.

**You can never be certain what you are taking.**