

## Stroke

Symptoms of brain haemorrhaging are

- severe headache
- confused speech
- slurred speech
- drooping mouth
- neurological deficits (e.g. paralysis in arm).

If you or one of your friends exhibits such symptoms, go to a hospital emergency department immediately or phone the emergency number 112.

## Overheating

Overheating is a serious short-term risk. If you take 4-FA, your body may no longer be able to regulate its temperature, and it warms up. If you then get vigorous exercise or find yourself in a hot or humid area, your body temperature can become dangerously high.

That is indicated by the following symptoms:

- skin feeling too warm
- flushed or pale face
- headache
- confusion
- stiff muscles
- dizziness
- shakiness
- racing heartbeat
- nausea, vomiting
- reduced state of consciousness.

## Unity-tip

Take a rest break every hour. Don't wear warm clothes and don't wear a head covering while indoors.

Do you feel unwell? Or has one of your friends become unwell? Don't wait. Go to the emergency department immediately. If there is no emergency department nearby, phone 112. Be honest about what drugs and drinks have been consumed. The medical staff are there to help you. Never leave a person alone who feels unwell.

Combining different substances carries extra risks. It produces unpredictable effects and there is a greater risk of health problems. Little is currently known about the effects of combining 4-FA with other psychoactive substances.

## Speed and/or ecstasy in combination with 4-FA

4-FA is a stimulant drug, which can cause cardiovascular problems. That risk is aggravated if you combine 4-FA with other stimulants like speed or ecstasy. Effects may reinforce one another, and because the effects of 4-FA persist relatively long, there is a greater risk of unpleasant side-effects like 'jacked up' behaviour, stiff jaws, tense muscles, heart palpitations, pressure on the chest, sleep disturbances, and wicked hangovers and crashes.

## Alcohol in combination with 4-FA

Alcohol subdues the effects of 4-FA and blurs your limits. You may get the urge to take extra 4-FA or to drink more alcohol. Alcohol also heightens the chances of headaches and nausea.

## GHB in combination with 4-FA

Some people take GHB to temper the stimulant effects of 4-FA. The anaesthetic effects of GHB may then get camouflaged by the stimulant effects of 4-FA, increasing the risk of a GHB overdose.

## Unity-tip

Avoid 4-FA if you have diabetes, heart problems, blood pressure problems, psychological problems, if you are pregnant, suffer from migraines or epilepsy, or are taking medicines.

The more 4-FA you take and the more often you take it, the greater the risk of negative long-term effects. Because 4-FA is a rather new drug, no long-term risks have been documented as of yet. Based on what is now known, some potential risks are:

- greater vulnerability to cardiovascular problems
- serious fatigue and insomnia
- weakened physical condition and resistance
- psychological problems: depression, anxiety, deep discontentment, poor concentration
- brain injury
- psychological dependency: partying is no fun anymore without 4-FA.

4-FA is not prohibited by Dutch law as of yet, but it has already been classed as an illegal drug in some European countries, including Germany and the UK. Even though 4-FA is not illegal in the Netherlands, it is against the law to take part in road traffic whilst under the influence of drugs. It is also dangerous, both to you and to other road users. Clubs, raves and festivals have zero-tolerance policies in place. Because police and security workers cannot recognise what drugs you are carrying, you may be refused entry or even handed over to police if you are caught in possession of 4-FA.

*Taking 4-FA is never without risk! By carefully reading the information and advice in this leaflet and heeding the tips provided by Unity, you can limit the side-effects and health risks of the use of 4-FA as much as possible.*

## Contributors

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More information on 4-FA and other drugs: [Unity.nl](http://Unity.nl).

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# 4-FA

## Information in English

