

Guide to Drug Combinations

Legend					
Low Risk & No Effect ●	Low Risk & Decrease Effect ↓	Low Risk & Increase Effect ↑	Caution: Some Risk !	Unsafe: High Risk ∅	Dangerous: Very High Risk ⊗

	Cannabis	Ketamine	Amphetamines	MDMA	Cocaine	Alcohol	GHB	Opioids	Tramadol	Benzodiazepines	SSRIs	
Cannabis	Cannabis	↑	!	↑	!	↑	↑	↑	↑	↓	●	Cannabis
Ketamine	↑	Ketamine	!	↑	!	⊗	⊗	⊗	⊗	!	●	Ketamine
Amphetamines	!	!	Amphetamines	↑	!	!	!	!	⊗	↓	●	Amphetamines
MDMA	↑	↑	↑	MDMA	!	!	!	●	⊗	↓	↓	MDMA
Cocaine	!	!	!	!	Cocaine	∅	!	⊗	⊗	↓	●	Cocaine
Alcohol	↑	⊗	!	!	∅	Alcohol	⊗	⊗	⊗	⊗	!	Alcohol
GHB	↑	⊗	!	!	!	!	GHB	⊗	⊗	⊗	●	GHB
Opioids	↑	⊗	!	●	⊗	⊗	⊗	Opioids	⊗	⊗	●	Opioids
Tramadol	↑	⊗	⊗	⊗	⊗	⊗	⊗	⊗	Tramadol	⊗	⊗	Tramadol
Benzodiazepines	↓	!	↓	↓	↓	⊗	⊗	⊗	⊗	Benzodiazepines	●	Benzodiazepines
SSRIs	●	●	●	↓	●	!	●	●	⊗	●	SSRIs	SSRIs
	Cannabis	Ketamine	Amphetamines	MDMA	Cocaine	Alcohol	GHB	Opioids	Tramadol	Benzodiazepines	SSRIs	

Adapted from TripSit: https://wiki.tripsit.me/images/3/3a/Combo_2.png

This information has been researched to the best ability of the TripSit team, and the greatest effort has been made not to include incorrect or misleading information though some information may never be 100% accurate.

This chart is meant as a quick reference guide and additional research must always be done. It is not sufficient to only consult this chart when considering a combination. Use at your own risk and please try to be safe.

When mixing drugs keep potentiation in mind and start with lower doses of each substance.

For more information on specific drugs visits <http://drugs.tripsit.me>

Up-to-date information, details, explanations and references are published on <http://combo.tripsit.me>

Further information about individual drugs including dosages, durations and harm reduction advice is available at <http://drugs.tripsit.me/>



Mobile app

Resources:

[Find where to get a free naloxone kit: ontario.ca/page/where-get-free-naloxone-kit](https://www.ontario.ca/page/where-get-free-naloxone-kit)

[For pointers talking about drugs, check out: canada.ca/en/health-canada/services/substance-use/talking-about-drugs.html](https://www.canada.ca/en/health-canada/services/substance-use/talking-about-drugs.html)

[For more information about opioids, visit: canada.ca/en/health-canada/services/opioids.html](https://www.canada.ca/en/health-canada/services/opioids.html)

Looking for help with substance use, but not sure where to start? Call 2-1-1 or visit 211ontario.ca

For additional support, call or visit Grey Bruce Public Health at 101 17th St E, Owen Sound, ON N4K 0A5, (519) 376-9420