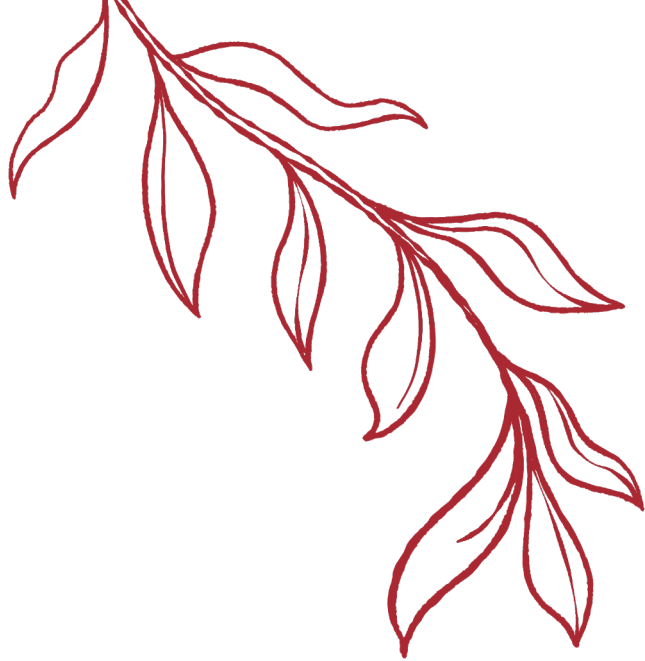


**XYLA
-ZINE
A GUIDEBOOK**

**BY
SOUTHSIDE
HARM
REDUCTION
SERVICES**

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INTRODUCTION

This zine is intended as a harm reduction resource about xylazine for people who use (or love someone who uses) drugs in Minneapolis and beyond. It compiles information from scientific research as well as knowledge gained from those with lived experience using xylazine dating as far back as the early 2000s when the drug first entered the supply in Puerto Rico. We have cited sources whenever possible but with the understanding that the wisdom of harm reduction originates from people who use drugs who so often go uncredited.

Our hope is that the info and practical tips shared here can help you and your friends stay safer and make informed choices about your body and health without stigma or shame.

We also acknowledge that safer-use strategies must go hand in hand with dismantling the systems of oppression and the racist 'war on drugs' that create and perpetuate harm in the first place. Beyond these pages, we choose to imagine and nurture a world that offers us more than survival strategies, because we all deserve to do more than simply survive.

With love and solidarity,
Southside Harm Reduction Services

XYLAZINE

PRONOUNCED: "ZIE-LUH-ZEEN", A.K.A: TRANQ OR TRANQ DOPE

WHAT IS IT?

XYLAZINE IS A STRONG NON-OPIOID SEDATIVE BEING USED AS A CHEAP CUTTING AGENT IN FENTANYL TO LENGTHEN THE HIGH.

It's used to tranquilize animals during vet surgeries but isn't approved for human use because it can cause heavy sedation and dangerously low blood pressure, breathing, and heart rate.¹

THEN

Xylazine has been used in veterinary anesthesia since the 1970s.

It showed up in the drug supply in Puerto Rico in the early 2000s & arrived on the east coast soon afterward.² Since then, it has been slowly moving westward.

In some cities like Philadelphia, dope is rarely found without xylazine-- in 2023, it was present 99% of fentanyl samples tested there.^{3,4}

It's now in Minneapolis dope too but we don't know how widespread it is due to a lack of testing resources.

NOW

HOW DOES IT FEEL?

You may first notice a very dry mouth and a heavy nod that can last 4-8 hrs or more depending on how much you use.

You may also experience: dizziness, weakness, nausea, trouble breathing, high blood sugar (hyperglycemia), slow heart rate, memory loss and unconsciousness.

It can cause severe wounds & complicate opioid overdoses.

Currently, there is no reversal drug safe for human use.

Xylazine
is not an
opioid,
but it can
**complicate
an opioid
overdose**
and a person's
ability to revive
with narcan

In an overdose,
narcan/naloxone will block
the effects of
the opioid
but **not the
xylazine**

OVERDOSE

This means
that **even though
narcan may be working**
xylazine might keeping the person sedated

Reminder to start slow & low

Don't overestimate your tolerance level, especially if you are returning to use after taking time off from using, are trying a new supply/batch, or picking up from someone new.

Both xylazine and opioids can cause nodding out, slowed/stopped breathing, and unresponsiveness on their own. When used together, these effects can be amplified.

IN AN OVERDOSE, OXYGEN IS KEY TO SAVING A LIFE

IS SOMEONE UNRESPONSIVE OR NOT BREATHING?

ADMINISTER NARCAN

whether or not you
think they've had xylazine



next, call 911 if possible and then focus on:

BREATH SUPPORT

- **If the person is taking 10+ breaths/minute:**
hold off on administering more narcan
- **If less than 10 breaths/minute:**
give rescue breaths (1 breath every 5 seconds)
and another dose of narcan after 2 minutes*

**Narcan/naloxone takes 2 minutes to work against opioids, so giving more sooner than that will not be more effective and can worsen withdrawal*

Stay with the person until help arrives.

WOUND

XYLAZINE CAN CAUSE WOUNDS THAT SPREAD QUICKLY AND CAN BE SLOW HEALING EVEN WHEN TREATED.

THEY OFTEN START AS SMALL OPENINGS OR SORES THAT LOOK LIKE BURNS/BLISTERS BUT CAN GROW LARGER AND DEEPER WITH TIME.

MUSCLING/SKIN POPPING AND IV-USE HAS THE HIGHEST RISK BUT THEY CAN OCCUR EVEN WHEN SMOKING OR SNORTING AND USUALLY APPEAR IN AREAS YOU DIDN'T INJECT⁵⁻⁷.

REDNESS, SWELLING, PUSS, WORSENING PAIN, FEVER, CHILLS, OR BLACKENING SKIN ARE SIGNS OF A WORSENING INFECTION.

IF YOU NOTICE THESE SYMPTOMS PLEASE SEEK EMERGENCY CARE

SOME INFECTIONS CAN BE FAST MOVING AND LIFE THREATENING.

- **KEEP THE WOUND CLEAN, COVERED, AND MOIST***

APPLY A THIN COAT OF A&D OINTMENT, VASELINE, OR MEDICAL HONEY BEFORE PLACING ABSORBENT PAD AND SECURING IT WITH TAPELESS WRAP

REPLACE THE PAD/GAUZE WHENEVER THE WOUND DRAINAGE SOAKS IT THROUGH.

*WHILE YOU DON'T WANT YOUR WOUND TO DRY OUT, YOU ALSO DON'T WANT IT SOGGY (WHITE, SOFT SKIN AROUND THE WOUND IS A SIGN IT IS TOO WET)

- **GENTLY CLEAN WITH SOAP AND WATER OR SALINE** (IDEALLY STERILE OR BOTTLED WATER)

DO THIS EVERY FEW DAYS WHEN YOU CHANGE THE GAUZE

- **BABY IT!** AVOID ANYTHING THAT COULD DAMAGE IT OR THE SKIN AROUND IT⁵⁻⁷

NO ADHESIVE OR TAPE TOUCHING THE WOUND!

DON'T OVER TIGHTEN THE BANDAGES

DON'T APPLY ALCOHOL OR HYDROGEN PEROXIDE

NEVER INJECT INTO OR AROUND A WOUND

TRY A FIDGET TOY TO DISTRACT YOURSELF FROM SKIN PICKING

SUPPORT YOUR BODY'S WOUND HEALING PROCESS BY EATING MORE PROTEIN

CARE

A WOUND-CARE NURSE CAN SHOW YOU HOW TO TAKE CARE OF YOUR WOUND AND WHAT SIGNS TO LOOK OUT FOR IN CASE IT PROGRESSES. SOME NURSES ARE MOBILE AND CAN MEET YOU RATHER THAN YOU HAVING TO GO TO A HOSPITAL OR CLINIC.

IF YOU FEEL COMFORTABLE, LET YOUR MEDICAL PROVIDER KNOW YOU THINK YOUR WOUND IS RELATED TO XYLAZINE SO THEY CAN PROVIDE BETTER ADVICE.

MINNEAPOLIS WOUND CARE RESOURCES

HEALTHCARE FOR THE HOMELESS ENDEAVORS CLINIC

1009 E. 14TH ST
(612) 543-2218

FOR: WOUND CARE, HIV/HEP C TESTING/TREATMENT, 3 DAY MEDICAL RESPITE STAY OPTION AVAILABLE (IF SOMEONE IS SICK BUT NOT SICK ENOUGH FOR HOSPITAL STAY), LINKAGE TO OTHER CARE.

HEALTH CARE FOR THE HOMELESS WOUND CARE CLINIC AT KOLA DROP IN CENTER

1600 EAST 19TH STREET
612-874-1050

IN THE BASEMENT OF ANISHINABE WAKIAGUN.
TRANSPORTATION AVAILABLE THROUGH HEALTHCARE FOR THE HOMELESS WITH UBER/LYFT SERVICES. CALL FOR HOURS.

WOUND HEALING INSTITUTE AT HCMC

716 S 7TH ST
(612) 873-6963

FOR: PROGRESSED WOUNDS



there are so many valid reasons you might not want to seek help from a medical provider or hospital

but please know: the earlier you can get treatment for a xylazine wound, the better chance you have of healing and avoiding repeat visits or surgery

unlike normal wounds, these are unlikely to go away on their own especially if you are still using xylazine.

SAFER USE TIPS

SET

CHECK IN WITH YOURSELF:

- Are you hydrated/have you eaten lately?
- Have you taken any medications you need?
- How are your mind and body feeling?

LIMIT TIGHT CLOTHING & JEWELRY IF POSSIBLE AND POSITION YOURSELF SO YOUR LIMBS AREN'T BENT

- Being immobile while sedated can cause pressure sores and injuries which can be worse if something is constricting you or you fall asleep in an uncomfy position

SETTING

ARE YOU USING IN AN UNFAMILIAR ENVIRONMENT?

- If so, take it slow! Some studies suggest that your tolerance level can be lower in an unfamiliar setting⁸

ARE YOU IN A LOCATION WHERE IT WOULD BE UNSAFE TO BE HEAVILY SEDATED?

- Being sedated can lead to higher risk of theft or assault
- Be careful of the weather: extreme temps can lead to hypothermia or heat stroke
- Avoid using behind a locked door in case you need help

CARRY NARCAN & KNOW HOW TO USE IT

INJECTING?

- Use new syringes and alcohol prep pads every time (or as much as you can)
- Remove tie/tourniquet before pushing in the plunger
- Rotate injection sites and give irritated areas a break
- Consider switching it up with a safer route of administration like snorting, smoking, or boofing



USING ALONE?

CALL THE NEVER USE ALONE HOTLINE

877-696-1996

Someone will stay on the line with you to make sure you're okay (no stigma or judgement)

WITH A GROUP?

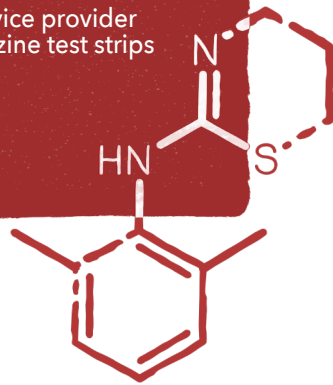
Stagger your use so that there's always someone who can always be attentive and check in

TEST TO KNOW WHAT'S IN YOUR SUPPLY

KNOWING WHAT'S IN YOUR DRUGS IS AN IMPORTANT WAY TO STAY SAFE AND EMPOWERED & AVOID UNWANTED ADDITIVES

Xylazine test strips can detect whether there is xylazine in your drug, though they can't tell you how much is present

Ask your local syringe service provider (like SHRS) if they have xylazine test strips up for grabs!



A NOTE ABOUT STIMULANTS:

Stimulants containing xylazine are a rare occurrence. In these cases, it's almost always because the stimulant contains fentanyl laced with xylazine, rather than xylazine by itself. Fentanyl test strips should still be the first line of testing for stimulants.

Xylazine test strips aren't reliable for testing cocaine due to rates of false positive results.

HOW TO USE XYLAZINE TEST STRIPS

YOU WILL NEED: YOUR DRUG + A WAY TO MEASURE IT, WATER, A SMALL CONTAINER TO MIX IT IN



mini-scoop measures approx. 10mg



like a bottle cap, shot glass, or cooker

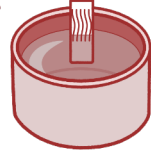
DO THE TEST!

1. Add one scoop (10mg) of drug to one teaspoon (5mL) of water. Stir until dissolved.
2. Remove test strip from the pouch and hold it vertically by the solid-colored end.
3. Dip the end with the wavy lines into the water and hold it there for 15 seconds.
4. Lay strip on a flat non-absorbent surface (like the bag it came in).
5. Wait 5 minutes, then read your results*.

*Don't wait more than 10 mins to read the test or results may be inaccurate!



Don't submerge beyond the solid line



READ THE RESULTS!

(+) POSITIVE: CONTAINS XYLAZINE



No test line means there IS xylazine present (opposite of a pregnancy or COVID test)

(-) NEGATIVE: NO XYLAZINE DETECTED



If you see two lines (no matter how faint!) there IS NOT xylazine detected in the sample you tested

(X) TEST ERROR: DON'T USE THESE RESULTS



Control line shows if the test is working properly. If you don't see a line there, use a new test strip

WITHDRAWAL

Xylazine withdrawal can happen after repeated use and can make fentanyl withdrawals feel worse.

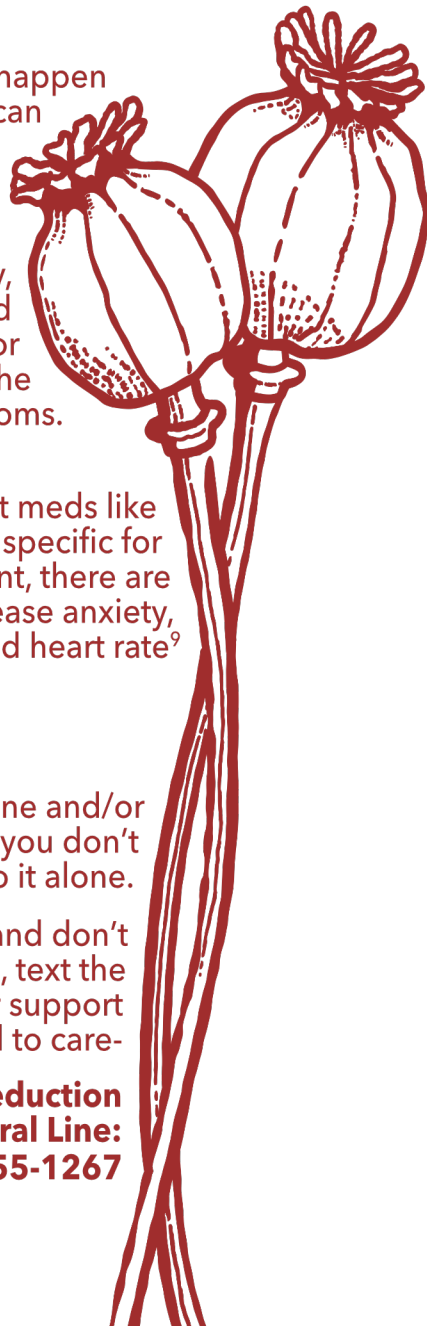
High anxiety and irritability, high blood pressure and heart rate, and chest pain or feeling like you can't breathe are common symptoms.

While there aren't meds like buprenorphine or suboxone specific for xylazine treatment, there are medications that can help ease anxiety, blood pressure, and heart rate⁹

If you want to get off xylazine and/or fentanyl, you CAN do it and you don't have to do it alone.

If you're located in MN and don't know where to begin, text the Southside referral line for support in getting connected to care-

**Southside Harm Reduction
Referral Line:
(612) 355-1267**



MORE RESOURCES:

MINNESOTA SYRINGE SERVICE PROGRAMS

Syringe Services Programs (SSPs) provide services to reduce the harms associated with drug use and prevent HIV and viral hepatitis infections. The next pages list places in Minnesota you can receive harm reduction support, safer-use supplies, and be connected with resources.



GREATER MINNESOTA

HARM REDUCTION SISTERS

DROP IN: 206 WEST 4TH ST, #216-B, DULUTH, MN 55806

CALL: 218-206-6284

OFFERING DELIVERY FOR DULUTH, SUPERIOR, CLOQUET,
FOND DU LAC, IRON RANGE, ITASCA,
KOOCHICHING AND LAKE COUNTY

WEBSITE: HARMREDUCTIONSISTERS.ORG

RAAN - DULUTH

31 W 1ST ST, DULUTH, MN, 55802

CALL: 218-481-7225

RAAN - VIRGINIA

505 SOUTH 12TH AVE, VIRGINIA, MN 55746

CALL: 218-341-2698

HEALTH PARTNERS COLLABORATIVE

1415 TOWN SQUARE LANE, FARIBAULT, MN 55021



TWIN CITIES

SOUTHSIDE HARM REDUCTION SERVICES

MOBILE SYRINGE EXCHANGE DELIVERING WITHIN MPLS CITY LIMITS

DELIVERY: 612-615-9725 (TEXT)

LINKAGE TO CARE: 612-355-1267 (TEXT)

WEBSITE: SOUTHSIDEHARMREDUCTION.ORG

INDIGENOUS PEOPLES TASK FORCE (IPTF)

1335 E 23RD ST, MINNEAPOLIS, MN 55404

CALL: 612-870-1723

WEBSITE: INDIGENOUSPEOPLESTF.ORG

NATIVE AMERICAN COMMUNITY CLINIC (NACC)

1213 E FRANKLIN AVE, MINNEAPOLIS, MN 55404

WEBSITE: NACC-HEALTHCARE.ORG

IN 'N' OUT - NORTHPOINT

710 WEST BROADWAY, MINNEAPOLIS, MN 55411

CALL/TEXT: 612-267-0305

CLINIC 555

555 CEDAR ST, ST PAUL, MN 55101

CALL: 651-266-1295

RAINBOW HEALTH - MAINLINE

3100 PARK AVE., MINNEAPOLIS, MN 55407

CALL: 612-919-7788

RED DOOR CLINIC

525 PORTLAND AVE S, 4TH FLOOR, MINNEAPOLIS, MN 55415

CALL/TEXT: 612-543-5555

THE ALIVENESS PROJECT

MOBILE VAN POP-UPS IN MINNEAPOLIS, MN

CALL: 612-822-7946

**WE ARE DEEPLY
GRATEFUL TO THOSE
WHO HAVE SHARED THEIR
PERSONAL KNOWLEDGE AND
EXPERIENCE ABOUT XYLAZINE,
ESPECIALLY SOUTHSIDE
PARTICIPANTS.**

THANK YOU 



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**THIS PROJECT IS A COLLABORATION BETWEEN
SHANNON CLANCY, KRIS JESSEN, MARISSA BONNIE, GRACIE
HALLBERG-CAIN, TAMMY LAVELLE, AND JACK MARTIN**

**ILLUSTRATION AND DESIGN BY KRIS JESSEN
SHRS LOGO BY SARAH MERING**