

Remember!

- Bubbles are highly dangerous.
- You cannot guarantee what may be in the capsule.
- The chemical inside is not meant for human consumption.
- Mephedrone is a pharmaceutical compound not tested on animals or humans, so short and long term effects are not clear at present.
- The side effects of bubbles are very serious.
- Talk to a trusted adult if you have a concern around bubbles.



The WEB Project works with young people between 10-25 around risk

behaviours including substance misuse, sexual health and offending.

If you would like information or support, or know someone who would benefit from support, please contact us on 01307 460101



29B Canmore Street
Forfar
DD8 3HT

Phone: 01307 460101
Fax: 01307 460120
E-mail: webangus@btconnect.com

The WEB Project is a division of CAIR Scotland, registered in Scotland No 291928. A Scottish charitable company limited by guarantee. SCO 24173

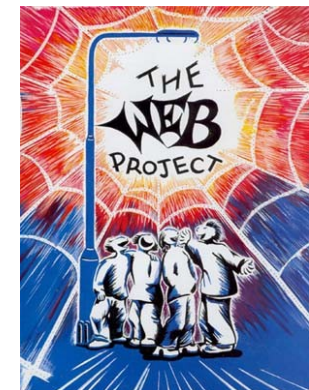
CAIRSCOTLAND
working together for change

"Promoting healthy lifestyles and positive change by reducing risk behaviours and associated harm"



Bubbles

Information for young people, parents, carers and professionals.



www.cairscotland.org.uk

Bubbles

What are Bubbles?

Bubbles are capsules or small bags containing a substance known as Mephedrone. Many people have suggested that bubbles capsules contain cocaine and ecstasy, or ketamine and cocaine but this is untrue. Capsules are usually white or clear but can also be red, pink or blue. Bubbles are also sold as a white powder in small zip-lock bags, often with a small design printed on them. People have been known to swallow capsules or snort the powder inside.



Mephedrone.

Mephedrone is the known substance found in bubbles capsules and bags. It is a research chemical which is sold as plant food and is strictly not for human consumption.



Mephedrone is similar to MDMA (the chemical found in ecstasy). Mephedrone is usually a white crystalline substance which is often ground down to make white powder. As Mephedrone has not been tested on animals or humans, the long and short term affects are unknown and there is no data on possible addiction potential, allergic reactions or whether it can cause acute overdoses.

Effects of Bubbles

The effects of bubbles appear to be similar to the effects of ecstasy with feelings of euphoria, happiness, energy and alertness. Whilst these feelings sound good, there are a number of associated negative effects.

Legal Position



Mephedrone is a derivative of Cathinone. Cathinone is controlled under the Misuse of Drugs Act 1971, however Mephedrone is still currently legal. That is not to say that if you get caught with Bubbles you will not be charged. Depending on who has made it and what additives are in them, you may still be committing an offence. It is understood that a number of capsules may contain other substances ranging from caffeine tablets to Wharfarin (a blood thinning prescription drug) to milkshake powder. If you are caught, the police will carry out toxicology tests and you may be charged.

Consequences and Health Risks

Side effects reported after using

Bubbles include:

- increased heart rate,
- agitation,
- irritability,
- dizziness,
- pupil dilation,
- nausea and vomiting,
- headaches,
- increased blood pressure,
- dehydration,
- skin discolouration,
- erratic jaw movements,
- bleeding gums,
- irritated nostrils and increased body temperature.

The key point to remember is: Bubbles are **NOT** safe.

