



The Tart, the Mermaid, the Cock Fish and the

Subutex

I CAN FIT A
BARREL OF BITTER
RIGHT UP ME
SHITTER!

featuring
**TOMMY
TARDIS ARSE**





The Opium poppy

The seed pods of the opium poppy are scratched until they drip with a sticky resin called opium. Raw opium contains a number of natural drugs:

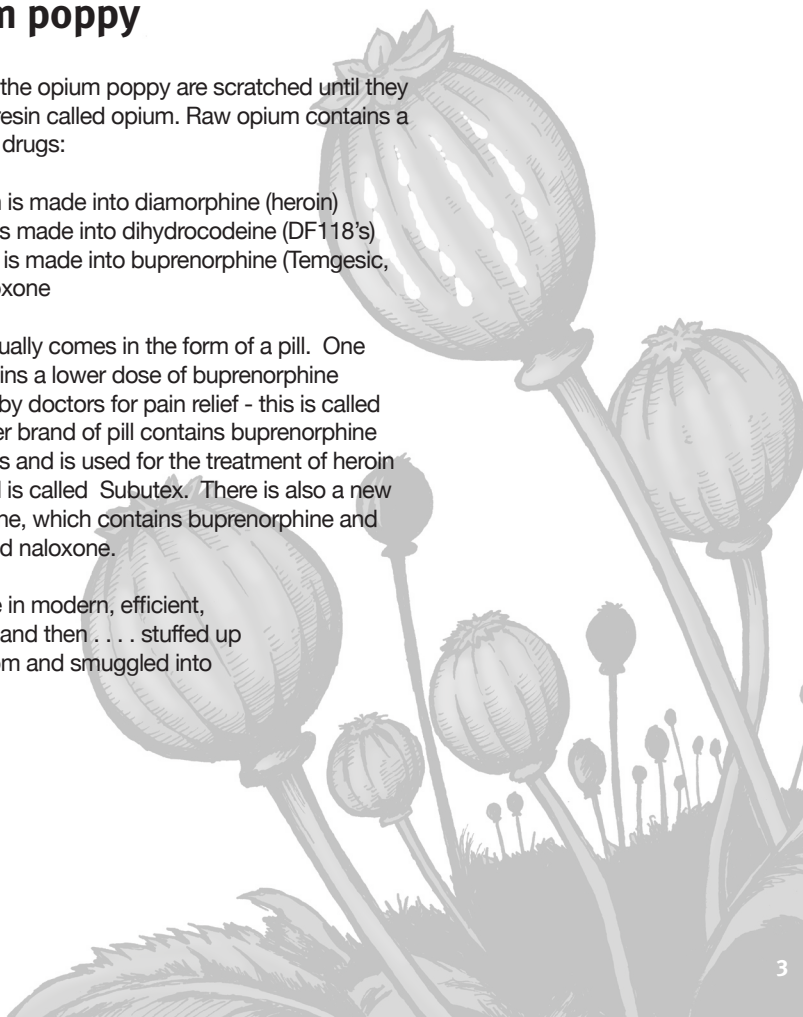
Morphine - which is made into diamorphine (heroin)

Codeine - which is made into dihydrocodeine (DF118's)

Thebaine - which is made into buprenorphine (Temgesic, Subutex) and naloxone

Buprenorphine usually comes in the form of a pill. One brand of pill contains a lower dose of buprenorphine and is prescribed by doctors for pain relief - this is called Temgesic. Another brand of pill contains buprenorphine in a range of doses and is used for the treatment of heroin addiction - this pill is called Subutex. There is also a new pill called Suboxone, which contains buprenorphine and another drug called naloxone.

The pills are made in modern, efficient, hygienic factories and then . . . stuffed up somebody's bottom and smuggled into prison.



An arse full of drugs

If they ever held a Prison Olympics, the sport of arse smuggling and chuff stuffing (for ladies) would be one of the most hotly contested events. Some people can fit a mobile phone, even with the charger up their back passage (I bet those three pin plugs make your eyes water), but the most common type of ‘bum baggage’ are illegal drugs. One of the most popular prison drugs around at the moment is Subutex.

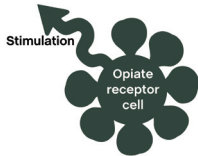
Quite apart from the risk of internal injuries and damaging your sphincter (your arse lips), there is also the risk of the packaging breaking and drugs leaking. This is a common risk for smugglers who swallow drugs (usually in a condom), but Subutex can also be absorbed through the walls of the rectum (inside your arse) and could lead to a fatal overdose if it leaked out while up your bum. As far as we are aware there are no reports of Subutex ‘bum leakage’ leading to fatal overdoses, but to avoid injury use strong, smooth packaging and put plenty of lubricant (eg.Vaseline) on your bum and on the object before insertion*.

Getting caught with an arse full of drugs can also lead to a charge and extra days added to your sentence. Smuggling drugs inside your body is your risk and your choice. Try not to put pressure on your relatives and friends to get involved in smuggling drugs or money (to pay for drugs) into prison, as they risk joining you inside if they get caught.

*** Lifeline would like to point out that we don't recommend internal drug smuggling, neither do we find sticking things up your bottom in the least bit funny . . . not one little bit.**

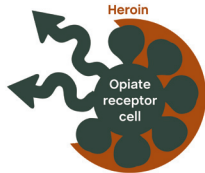


Opiate agonists & opiate antagonists



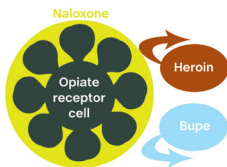
(figure 1)

Your body produces its own form of natural morphine. It does this by stimulating **opiate receptor cells** in your brain (figure 1). When an opiate drug like heroin or methadone is used, it sticks to these cells and stimulates them at the same time (figure 2), leading to mental effects like euphoria (pleasure) and analgesia (pain reduction) and physical effects such as slower breathing and heart rate. Drugs like heroin and methadone are called **opiate agonists**.



(figure 2)

The drug naloxone is an **opiate antagonist**. Naloxone also sticks to your opiate receptor cells but does not stimulate them, so does not give you any sort of high or buzz. Because naloxone sticks to your opiate receptor cells, it prevents heroin from sticking to them and therefore stops heroin giving you a high (figure 3).

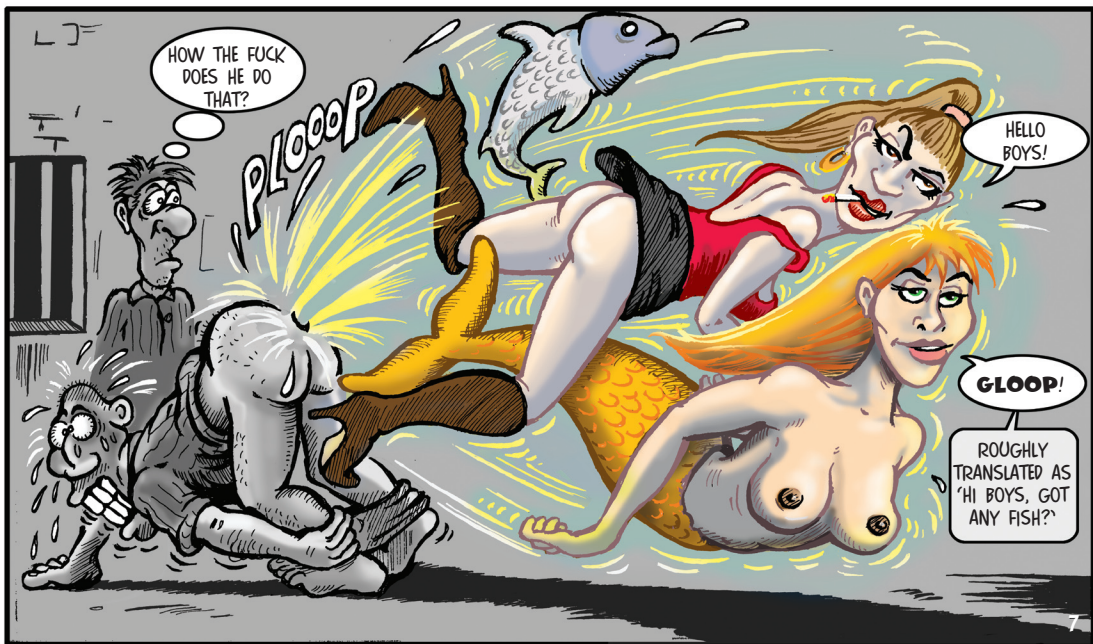


(figure 3)

If you are addicted to heroin and then take naloxone, the naloxone would kick the heroin off the receptor cells and send you into immediate withdrawal. That is why naloxone is used by doctors and paramedics to counteract the effects of a heroin overdose.

Naloxone does not give you any sort of high.

We have used the metaphor of the Tart, the Mermaid and the Cock Fish, to more easily explain opiate agonist -antagonists, and not just as a flimsy excuse to show pictures of obscene sexual acts in the hope of titillating our readers . . . as if we would!



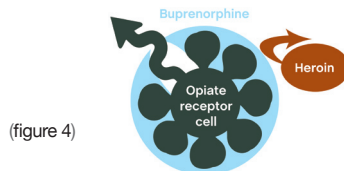
Subutex treatment

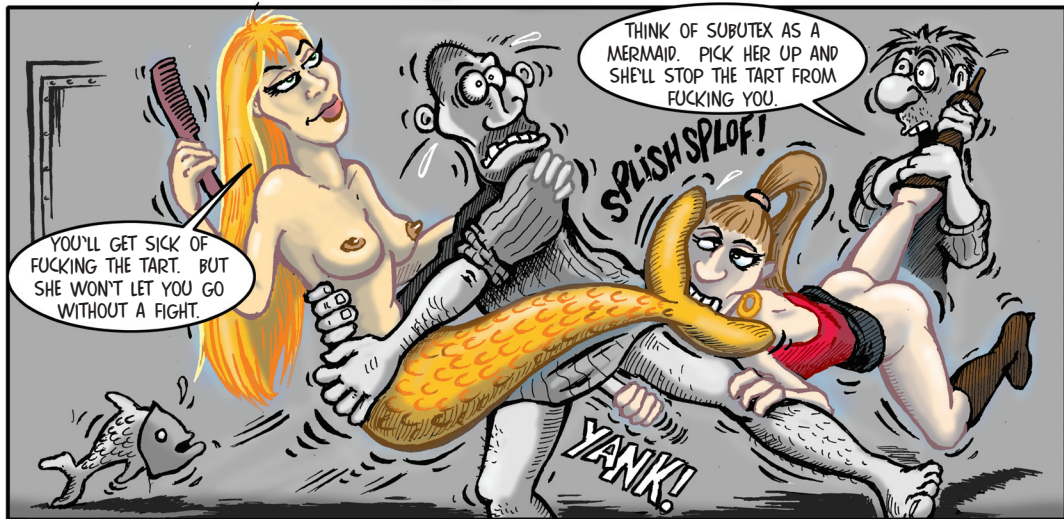
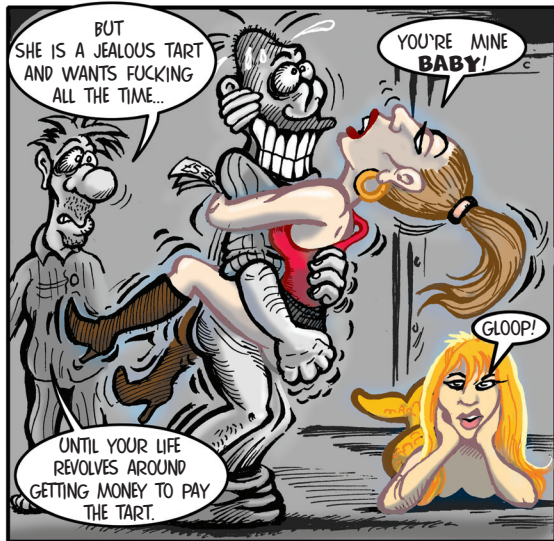
You get your kicks from heroin because it stimulates the opiate receptors in your brain. Heroin stops you feeling pain (physical and emotional) and gives you a high. As we all know, heroin has its drawbacks. It can kill you from an overdose if you take too much or if you start injecting you can become infected with viruses like HIV or hepatitis from sharing injecting equipment.

But the reason so many heroin enthusiasts end up as guests of the Windsor chain of hotels is because heroin is so highly addictive. It often becomes a 24/7, 365 days a year habit, that constantly needs feeding or you become physically ill and go into withdrawal.

Subutex has a number of uses as a treatment for addiction. It is used for short term detox, to help people withdraw from heroin or methadone and in the longer term as a substitute for heroin as part of a maintenance programme.

Subutex contains the drug buprenorphine. Buprenorphine is a **mixed opioid agonist-antagonist**. This means that like naloxone, Subutex sticks to the opiate receptor cells and blocks the effect of heroin - but unlike naloxone, it also partially stimulates the opiate receptors, so also gives you a bit of a buzz (figure 4). Subutex is used as a treatment for heroin addiction because it prevents heroin from working, but will still provide enough of a buzz to keep you away from heroin, giving you a chance to sort yourself out.





Suboxone

Suboxone has recently received a license to be used in Britain. Suboxone contains buprenorphine and naloxone. The naloxone has been added to the pill to make it harder to misuse. Subutex and Suboxone are pills that are designed to be used 'sublingually' (absorbed under the tongue). If Suboxone is used sublingually, the buprenorphine in it will have the same effect as a Subutex pill, as naloxone has no effect when used in this way. Like Subutex, Suboxone will send you into rapid withdrawal if you are a regular heroin user. If you are clear of heroin, and then inject Suboxone, the naloxone will kick in and may delay (until the naloxone wears off) or reduce any 'buzz' from the buprenorphine.

If Suboxone is sniffed, effects tend to be unpredictable and vary from person to person. The naloxone in Suboxone may delay the start of the effects or may even stop it working altogether in some people. Others will get high from sniffing Suboxone just like Subutex.

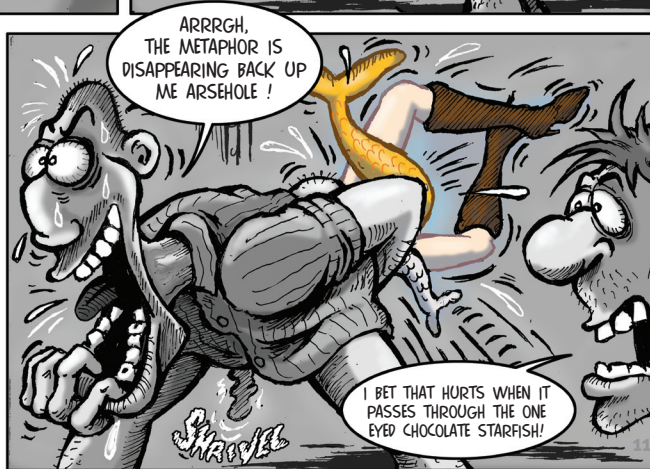
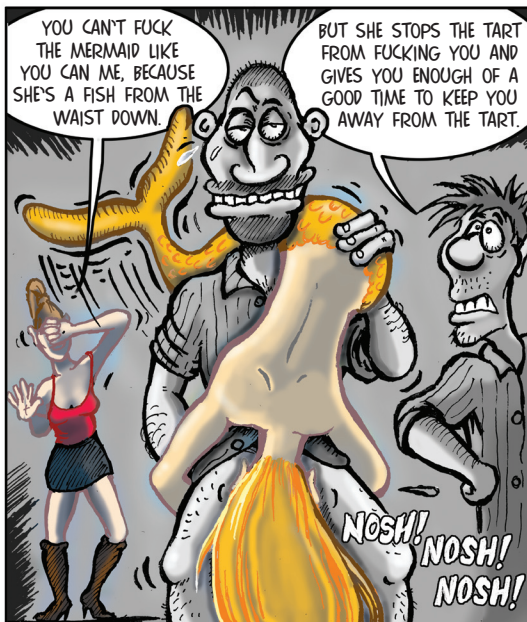
In short:

Subutex contains buprenorphine.

The buprenorphine in Subutex will stop heroin from giving you a high or send you into withdrawal if you are dependent on heroin. If you are clear of heroin, the buprenorphine in Subutex will give you a milder 'heroin type' buzz.

Suboxone contains buprenorphine and naloxone.

The buprenorphine (and naloxone if injected) in Suboxone will stop heroin from giving you a high or send you into withdrawal if you are dependent on heroin. If Suboxone is snorted or injected the naloxone may delay or reduce the high from the buprenorphine in the pill. Sniffing Suboxone has unpredictable effects.



Strength, overdose and mixing drugs

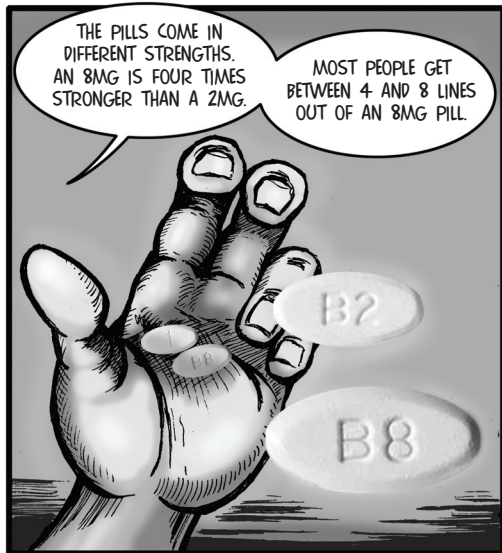
Both Subutex and Suboxone pills have no effect if swallowed, chewed or smoked. The usual method of illicit use is to sniff the crushed up pills. To minimise damage to your nose, make sure you crush up the pills to as fine a powder as you can.

Subutex pills are white ovals which come in 0.4mg, 2mg and 8mg versions. Suboxone pills are white hexagons and also come in 2mg and 8mg versions. This means that an 8mg pill has four times the amount of buprenorphine in it and is four times stronger than a 2mg pill. Subutex is sometimes crushed and sold by the line. Lines may be cut with other drugs like paracetamol. An 8mg pill usually makes between 4 and 8 lines when crushed.



The amount you use is important. Although buprenorphine is thought to be safer than heroin, **you can still overdose and die if you take too much buprenorphine***. Mixing certain drugs with buprenorphine is thought to give a better hit, but also greatly increases the chances of overdose. In particular, avoid drugs that slow breathing and the central nervous system or any medications that make you sleepy, such as benzodiazepines (like diazepam), anti psychotics (like olanzapine), GHB, opiates (like codeine or tramadol) as well as some HIV medicines. Drinking a lot of alcohol with buprenorphine is also risky.

***Heroin users should remember that your tolerance will have been greatly reduced while you are in prison, making overdose much more likely with buprenorphine or heroin. Liver problems, a drop in blood pressure and breathing difficulties are also listed as possible side effects of using Subutex and Suboxone.**



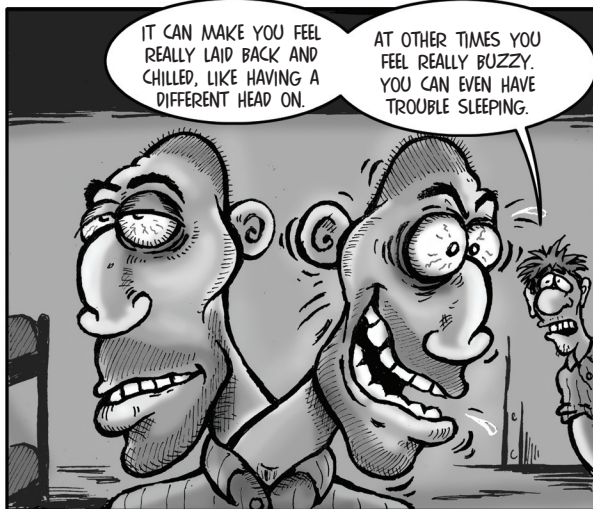
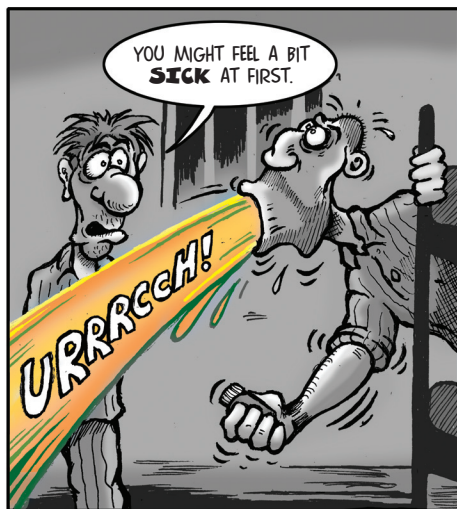
Effects and withdrawals

People start using Subutex in prison for the 'hit' or 'buzz' or to give them a 'head change' (relief of boredom etc.). If snorted Subutex starts working within 20 minutes or so. The main effects peak after a couple of hours but can go on for 2 to 3 days.

It makes you feel very relaxed (monged, wrecked, chilled out), but can also make you feel stimulated (buzzy, excitable, chatty). Some users feel so stimulated that they can have trouble sleeping. Some people are sick when they first take Subutex (this can also happen if the powder slips down the nose and throat after snorting). The effects of Subutex and Suboxone are similar to heroin (euphoria and analgesia) but milder. The risks are also similar to heroin - overdose (less likely than with heroin) and picking up a habit (addiction).

Some people use Subutex every now and again, while others become daily users. After several weeks of daily use, tolerance may develop (you need more to get the same effect). This can cause two main problems: debt, as a daily habit can cost £5 to £10 a day and withdrawal, when there is a drought or you can't afford it.

Subutex and Suboxone withdrawals last up to a week and are similar to those from heroin (but milder), i.e. flu like symptoms, sweats, shivers and shakes, goose bumps, low mood, stomach cramps and muscle aches, sleeping problems, lack of appetite and diarrhoea (the shits). Withdrawal effects everybody differently - some people experience all of these symptoms while others experience a few, or none of them.



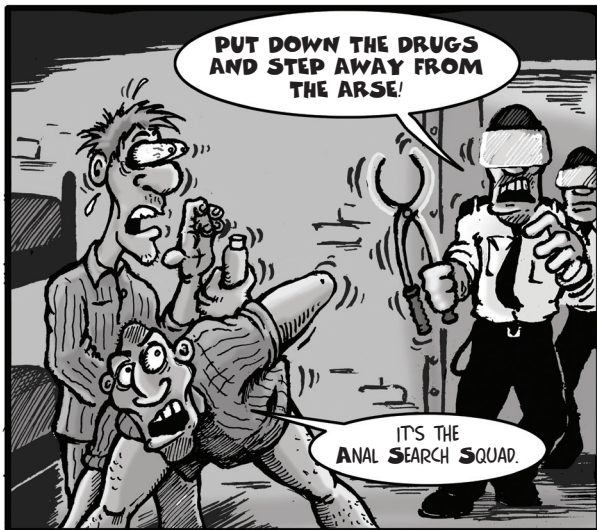
Drug testing and getting caught

Subutex has become very popular recently - in a number of jails it has become the number one drug of choice. The prison service are aware of this and are about to step up their response. At present sniffer dogs are being trained so they can detect buprenorphine and it is likely testing for it will become far more widespread.

The main drug test for buprenorphine is the urine test. It can also be identified in blood and hair in lab tests. As yet, there do not appear to be any saliva or sweat tests. By mid-2007, urine tests for buprenorphine were specialised only, this means that it is not listed as one of the drugs on available multi-drug urine tests (which generally test for between four and ten drugs).

Mandatory Drug Tests (MDTs) usually include Subutex in the range of drugs tested for, but Voluntary Drug Tests (VDTs) do not always do so. Most sources indicate that buprenorphine can be detected in urine between one to three days after use – the same as heroin, but shorter than for methadone (7 - 9 days). However, some drug testing companies claim buprenorphine is detectable in urine for 3 to 6 days.

Buprenorphine is a Class C drug under the Misuse of Drugs Act. It is illegal to possess or supply it without a prescription. Positive tests for Subutex or possession cases are dealt with internally by governors – they do not go to outside adjudication and are therefore (at present) more likely to result in loss of privileges rather than extra days on your sentence.

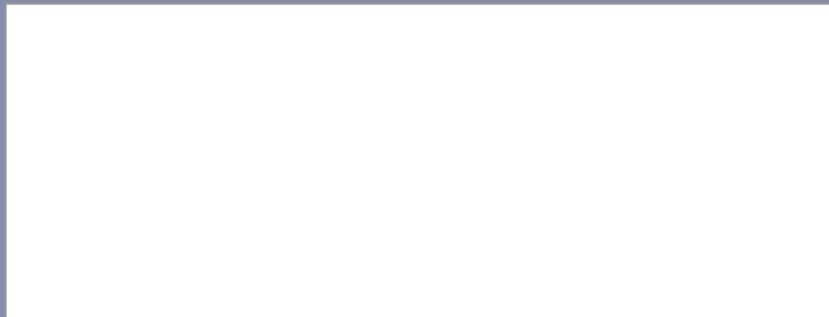




Summary

- * Heroin and buprenorphine are made from opium.
- * Your body produces its own natural morphine by stimulating opiate receptor cells in your brain.
- * Subutex contains buprenorphine in 8mg, 2mg and 0.4 mg doses. Buprenorphine has (milder) heroin like effects and stops heroin from giving you a high, sending you into withdrawal if you are on heroin already. You may develop tolerance to buprenorphine (need more to get the same effect), experience withdrawals if you stop and/or become addicted.
- * You can overdose and die from taking too much buprenorphine.
- * Subutex pills are sold for around £40 each in prison, so using them can become expensive. This could lead you into debt, or putting pressure on friends and relatives to give you money or to risk arrest by supplying you while you're inside.
- * The prison service are training sniffer dogs and are likely to increase the amount of drug testing for buprenorphine.
- * Suboxone is a new drug that contains buprenorphine in 8mg and 2mg doses with naloxone. The buprenorphine in Suboxone will stop heroin from working and if injected, the naloxone in it will delay or reduce the effects of heroin or buprenorphine. If Suboxone is sniffed the effects are unpredictable.





[] lifeline | publication guidelines

[>] aims
To present the facts about illicit buprenorphine use in prison.

[>] audience
People in prison with an interest in drugs aged 18+

[∨] content
Swearing. Politically incorrect humour. Explicit sexual imagery. Inter-species sexual scenes and a profusion of unnatural and illegal anal incidents, plus lots of bum jokes.

[£] funding
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