

Commonly known drugs in Singapore

Drugs & You

Commonly known drugs
in Singapore

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FACT,

NOT FICTION

All Singaporeans / Permanent Residents found to have consumed illegal substances, EVEN OUTSIDE SINGAPORE, will face the penalty of **IMPRISONMENT of up to 10 years, FINE not exceeding S\$20,000 or BOTH.**

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DRUG ABUSE IS OFTEN A
LIFETIME BONDAGE
FOR ABUSERS

Preface

'Drugs & You' aims to provide readers with information on the commonly known drugs in Singapore, their harmful effects and the penalties for their abuse.

Armed with this information, readers can play an active role in educating their family and friends and preventing them from falling prey to the drug menace.

The misery that can be caused by drug addiction is immeasurable. Drugs have physical and psychological effects on the abuser, thus crippling him as an individual and as a member of the society. The abuser is unable to function normally and his relationships with his family and friends will inevitably be affected. Due to the addictive nature of drugs, most abusers have difficulty in kicking the habit. Drug abuse is often a lifetime bondage for abusers.

We hope that readers can play their part in the fight against drug abuse to keep Singapore a safe and drug-free society.

CENTRAL NARCOTICS BUREAU (CNB)
AUGUST 2007

Buprenorphine

Also known as:
Subutex / tec/ su su



WHAT'S this?

Subutex comes in 2 mg and 8 mg pills. Its active ingredient is Buprenorphine Hydrochloride, which is a semi-synthetic opioid derivative closely related to morphine. Subutex is taken sublingually i.e. to place it under the tongue until it dissolves. However, abusers mixed it with other prescription drugs and it is injected for a greater 'high'.

EFFECTS & DANGERS

- Sedation
- Light-headedness
- Dizziness
- Nausea
- Constipation
- Vomiting



Withdrawal Symptoms

- Delirium tremens, clouding of consciousness and severe tremors or seizures
- Anxiety, nausea, vomiting and diarrhoea
- Abdominal cramps, muscle and joint pains
- Insomnia (difficulty in sleeping)

Medical complications arising from intravenous abuse of Subutex especially when mixed with other prescription drugs:

- Clogging of veins leading to gangrene.
- Breathing problems (respiratory depression) which can lead to death.

The sharing of needles can also cause the spread of Hepatitis B and C and the HIV virus if the needles are contaminated.

thePENALTIES

Possession or consumption of Buprenorphine
**Up to 10 years of imprisonment or
\$20,000 fine or BOTH**

Illegal traffic of Buprenorphine
**Up to 20 years of imprisonment and
15 strokes of the cane**

Illegal import or export of Buprenorphine
**Up to 30 years of imprisonment or
imprisonment for life and
15 strokes of the cane**

Cannabis

Also known as:

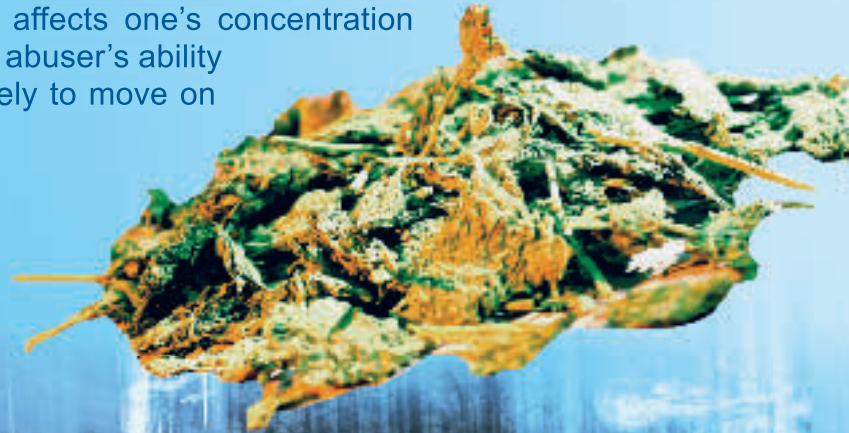
Marijuana / Pot / Grass / Joints / Ganja

WHAT'S this?

Cannabis comes from the *hemp* plant. The whole plant is dried and compressed into blocks until it looks like dried herbs or tea.

Cannabis causes a person's mind to become addicted.

It contains a chemical that affects one's mood and the way one sees and hears things. Cannabis affects one's concentration and memory, hence it weakens the abuser's ability to learn. Cannabis abusers are likely to move on to stronger and deadlier drugs.



EFFECTS&DANGERS

- Inability to concentrate
- Slow reaction
- Distorted thinking and perception
- Poor balance and co-ordination
- Extreme anxiety, depression, confusion and paranoia (irrational fear or suspicion)
- Decline in motivation and drive in long-term users

WithdrawalSymptoms:

- Moodiness, irritability, anxiety and tension

thePENALTIES

Possession or consumption of Cannabis
Up to 10 years of imprisonment or
\$\$20,000 fine or BOTH

Illegal traffic, import or export of:
Cannabis of more than 500 grams
Cannabis resin of more than 200 grams
Cannabis mixture of more than 1,000 grams
DEATH

Cocaine

Also known as:
Crack / Coke / Snow



WHAT'S this?

Cocaine is derived from the leaves of the *Erthroxylum Coca* plant. In its pure form, Cocaine is a white crystalline powder and it is either sniffed in powder form or injected into the body in liquid form.

Cocaine is both a central nervous system stimulant and an anaesthetic. The chronic Cocaine abuser is socially dangerous because of the mental abnormalities caused by the drug.

EFFECTS&DANGERS

- Increased heart rate
- Aggressive behaviour
- Irritability
- Nausea, shaking, blurred vision and hallucination

WithdrawalSymptoms:

- Anxiety, depression, anger and jittery feelings
- Fatigue (extreme tiredness)
- Nausea and vomiting
- Loss of desire to do things

thePENALTIES

Possession or consumption of Cocaine
**Up to 10 years of imprisonment or
S\$20,000 fine or BOTH**

Illegal traffic, import or export of Cocaine of
more than 30 grams
DEATH

'Ecstasy'

Chemical term:
Methylenedioxymethamphetamine (MDMA) /
Methylenedioxyethylamphetamine (MDEA) /
Methylenedioxyamphetamine (MDA)

WHAT'S this?

'Ecstasy' refers to tablets containing MDMA, MDEA and MDA. These tablets come in different colours with different logos stamped on them. They are often sold in discos as well as night joints. People take them to enable them to dance all night and sometimes they die from exhaustion and dehydration.

Other controlled drugs such as Ketamine and Methamphetamine, and chemicals such as paracetamol and calcium carbonate are often mixed with 'Ecstasy'. This may cause bad reactions to the body.



EFFECTS & DANGERS

- Increased heart rate and blood pressure
- Jaw clenching, teeth grinding and uncontrollable shaking
- Kidney, liver and brain damage
- Long term memory loss
- Chills, sweating and vomiting
- Inability to think, see and co-ordinate properly
- Hallucination

Withdrawal Symptoms:

- Anxiety, depression and uncontrollable fear
- Insomnia (difficulty in sleeping)
- Loss of control of senses and reality

the PENALTIES

Possession or consumption of 'Ecstasy'

**Up to 10 years of imprisonment or
\$20,000 fine or BOTH**

Illegal traffic of 'Ecstasy'

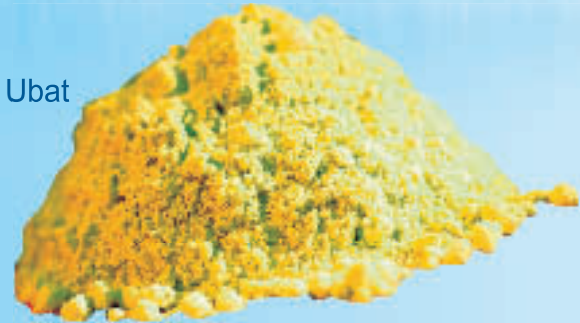
**Up to 20 years of imprisonment and
15 strokes of the cane**

Illegal import or export of 'Ecstasy'

**Up to 30 years of imprisonment or
imprisonment for life and
15 strokes of the cane**

Heroin

Also known as:
White / Smack / Junk /
Powder / Putih / Medicine / Ubat



WHAT'S this?

Heroin is a powerful and very addictive drug that comes in granular, powder or solution form. Heroin No. 4 is white in colour while Heroin No. 3 is more yellowish.

Heroin abusers feel dull and tired very easily.
They cannot work properly as they are not able to concentrate.

“Chasing the Dragon”, a common method of abuse used by heroin abusers here, involves heating the heroin powder and sniffing the fumes through a rolled note.

EFFECTS & DANGERS

- Lowered heart rate and respiration
- Damage to lungs, kidneys and liver
- Dull feeling and tiredness
- Difficulty in concentrating
- Constipation

Withdrawal Symptoms:

- Insomnia (difficulty in sleeping)
- Watery eyes and runny nose
- Irritable and jittery feelings
- Tremors and bodily cramps
- Chills and sweating
- Diarrhoea and vomiting

the PENALTIES

Possession or consumption of Heroin

**Up to 10 years of imprisonment or
S\$20,000 fine or BOTH**

*Illegal traffic, import or export of Heroin of
more than 15 grams*

DEATH

Ketamine

Also known as:
K / Special K / Vitamin K / Kit Kat

WHAT'S this?

Ketamine is an anaesthetic for veterinary as well as human use. The drug takes the form of white crystalline powder, liquid or a tablet. As a drug of abuse in Hong Kong, the United States and Australia, Ketamine has become common at dance parties or 'raves'.



Ketamine produces a progression of effects on the abuser, from a state of dreamy intoxication to delirium accompanied by the inability to move, feel pain or remember what has occurred under the drug's influence. The effects of Ketamine last an hour or less but the drug can affect the senses, judgement and co-ordination for 18 to 24 hours.

EFFECTS&DANGERS

- Inability to move
- Distorted judgement, perception, hearing, sight, touch, smell and taste
- Confusion and hallucination
- Nose problem (bleeding nose, cannot smell properly)
- Gastric pain
- Urinary and bladder problem (difficulty in urinating, urinary tract infection)

WithdrawalSymptoms:

- Depression, anger and irritability
- Fatigue (extreme tiredness)
- Insomnia (difficulty in sleeping)

thePENALTIES

Possession or consumption of Ketamine

**Up to 10 years of imprisonment or
S\$20,000 fine or BOTH**

Illegal traffic of Ketamine

**Up to 20 years of imprisonment and
15 strokes of the cane**

Illegal import or export of Ketamine

**Up to 30 years of imprisonment or
imprisonment for life and
15 strokes of the cane**

Lysergide (LSD)

Also known as:
Acid / Trips / Blotters / Tabs / Stamp /
Black Sesame / Seed / Micro / Micro Dot



WHAT'S this?

Lysergide (LSD) is a hallucinogen. It is often sold on blotting paper, which is usually imprinted with a colourful cartoon or design. Although abusers generally take it orally, the tabs of blotting paper are also placed on skin areas that readily absorb the drug into the bloodstream, for example, under the eyelid.

When ingested, LSD takes effect within 30 minutes.

Its effects are strongest after 3 to 5 hours and can last up to 12 hours. Bad 'trips' can trigger severe panics, paranoia and confusion. After a 'trip', the abuser may feel depressed.

EFFECTS&DANGERS

- Increased heart rate, breathing and body temperature
- Numbness
- Distorted sight, hearing, smell, touch and taste
- Loss of control of thoughts
- Severe panic, paranoia, confusion and hallucination

thePENALTIES

Possession or consumption of LSD

**Up to 10 years of imprisonment or
\$20,000 fine or BOTH**

Illegal traffic of LSD

**Up to 20 years of imprisonment and
15 strokes of the cane**

Illegal import or export of LSD

**Up to 30 years of imprisonment or
imprisonment for life and
15 strokes of the cane**

Methamphetamine

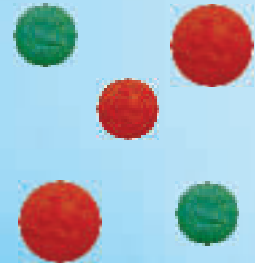
Also known as:
'Ice' / Glass / Crystal /
Speed / 'Ya ba'

WHAT'S this?

Methamphetamine usually comes in crystallised form known as Methamphetamine Hydrochloride. It is more commonly known as 'Ice' in Singapore. It is a strong stimulant, which is odourless and colourless.

Methamphetamine also comes in tablet form known as: 'Ya ba'. The stimulant powder in 'Ya ba' is produced from the *ephedrine* plant. Most of the 'Ya ba' tablets found are embossed with the 'WY' logo and are green or orange in colour.

Methamphetamine has a very strong effect on the central nervous system and is highly addictive. The abuser feels anxious and restless which can lead to violent behaviour.



EFFECTS&DANGERS

- Increased heart rate and body temperature
- Fits, stroke and death
- Damage to heart and nerves
- Liver and kidney diseases
- Abnormal behaviour with mood swings, confusion, delusion and hallucination
- Anxiety and irritability

WithdrawalSymptoms:

- Extreme tiredness and hunger
- Anxiety, depression and irritability
- Insomnia (difficulty in sleeping)

thePENALTIES

Possession or consumption of Methamphetamine
**Up to 10 years of imprisonment or
S\$20,000 fine or BOTH**

*Illegal traffic, import or export of Methamphetamine of
more than 250 grams*
DEATH

Nimetazepam

Also known as
'Erimin-5'

WHAT'S this?

'Erimin-5' is a type of depressant taken orally by the user in tablet form. Depressants are drugs which help a person to calm down and sleep. However, excessive use will lead to harmful effects.



EFFECTS & DANGERS

- Loss of consciousness
- Distorted judgement, sight and thinking
- Difficulty in speaking, moving and co-ordinating bodily functions
- Poor memory and concentration

Withdrawal Symptoms:

- Anxiety and jittery feelings
- Insomnia (difficulty in sleeping)
- Nausea, vomiting, quickened heart beat, excessive sweating, violent shaking and stomach cramps
- Mental confusion
- Fits

the PENALTIES

Possession or consumption of Nimetazepam
**Up to 10 years of imprisonment or
S\$20,000 fine or BOTH**

Illegal traffic of Nimetazepam
**Up to 10 years of imprisonment and
5 strokes of the cane**

Illegal import or export of Nimetazepam
**Up to 20 years of imprisonment and
15 strokes of the cane**

Inhalants

Also known as:
Glue-Sniffing / Solvent Abuse /
Solvent Inhalation / Solvent Sniffing

WHAT'S this?

Some substances, such as glue and paint thinner, give off vapours and fumes. The sniffing of vapours or fumes is known as inhalant abuse.

Inhalant abuse affects the growth and development of muscles, nerves and organs.

If you are an inhalant abuser, normal activities like running and shouting can cause death by heart failure. An inhalant abuser may die from suffocation anytime. This is known as Sudden Sniffing Death. It can happen on the very first time or any other time the abuser sniffs glue.



EFFECTS&DANGERS

- Permanent damage to brain, liver and kidneys
- Prone to bleeding and bruises
- Memory loss
- Difficulty in learning and seeing things clearly
- Loss of control of body
- Cramps, pains and bad cough

thePENALTIES

Abuse of intoxicating substances

**Admission to an approved centre for treatment
and rehabilitation for up to 6 months**

OR

**Up to 6 months of imprisonment or
S\$2,000 fine or BOTH**

Selling or offering to sell an intoxicating substance

when it is suspected that the substance is for the purpose of intoxication

**Up to 2 years of imprisonment or
S\$5,000 fine or BOTH**

WithdrawalSymptoms:

- Anxiety, depression and irritability
- Aggressive behaviour
- Dizziness, shaking and nausea
- Insomnia (difficulty in sleeping)

Long Term Imprisonment

WHAT'S this?

Although the drug situation is under control, there is still a serious problem of some drug abusers not being able to kick the habit after going through repeated Drug Rehabilitation Centre (DRC) treatment. It has also been established that such unrepentant abusers are likely to be involved in criminal activities.

To deal with these unrepentant drug addicts, the Government is subjecting them to long term imprisonment instead of DRC treatment.

Objectives of Long Term Imprisonment

- To provide greater security and safety to the rest of the society
- To deter individuals from continuing to abuse drugs
- To reduce the crimes committed by drug addicts

Who are the ones **AFFECTED?**

Hardcore addicts of Heroin, Morphine, Opium, Methamphetamine, 'Ecstasy', Ketamine, Nimetazepam, Buprenorphine, Cocaine and Cannabis.

Hardcore drug addicts shall be subjected to these penalties:

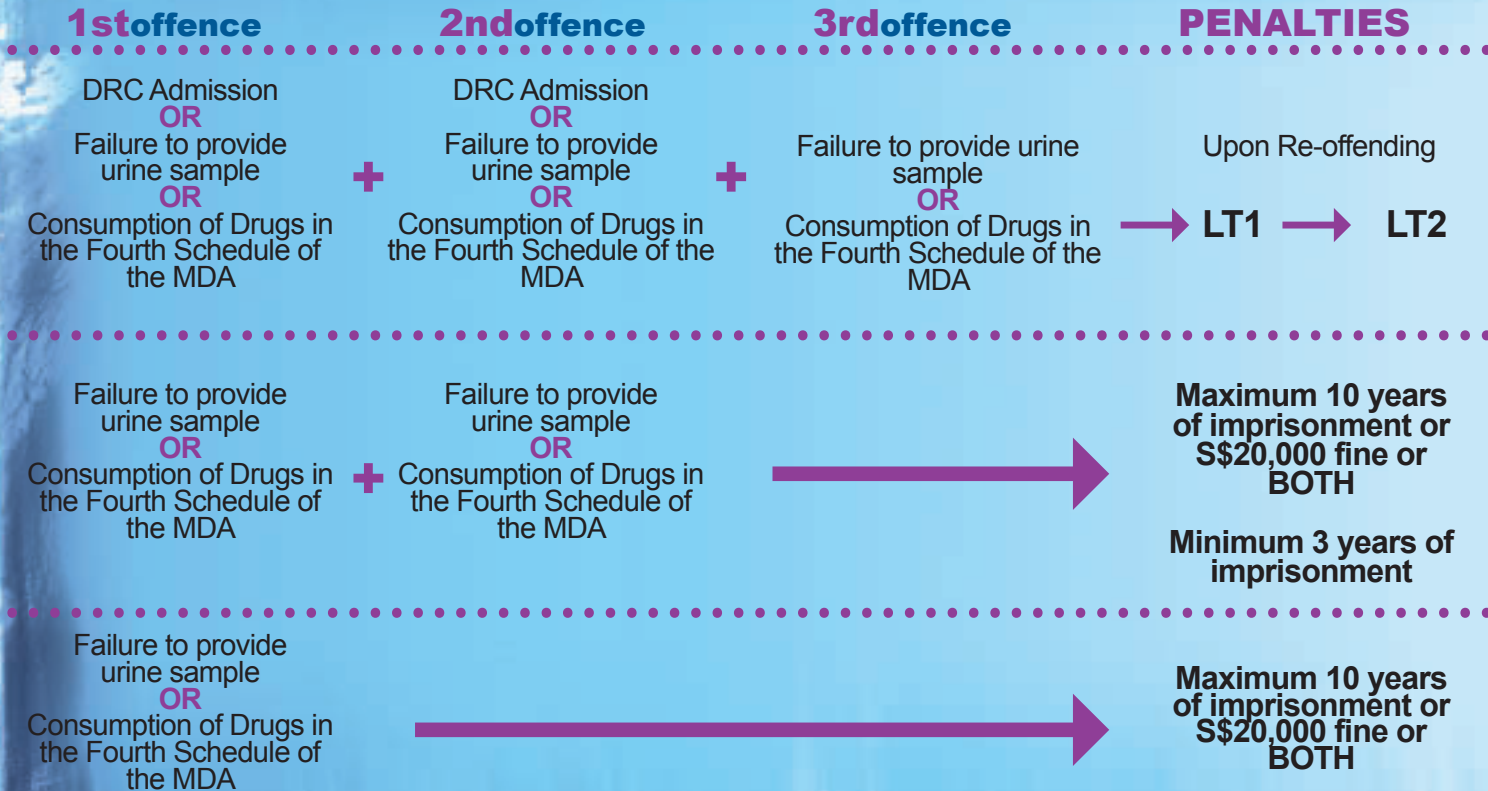
Long Term Imprisonment 1 (LT1) - Between 5 to 7 years of imprisonment, and 3 to 6 strokes of the cane

Long Term Imprisonment 2 (LT2) - Between 7 to 13 years of imprisonment, and 6 to 12 strokes of the cane

Those who have been through LT1 once will serve LT2 for subsequent offence of the consumption of the above drugs or failure to provide urine sample upon request.

The penalty for the offence of failure to provide urine sample is the same as that for the offence of drug consumption. If convicted, the accused will face up to 10 years of imprisonment or S\$20,000 fine or BOTH. Repeat offenders will face a minimum mandatory penalty of 3 years of imprisonment.

A Diagrammatic Representation of the Implemented Regime for Drug Addicts



Tell-Tale Signs of Drug Abuse

If you notice these signs, the person may be suffering from a drug-related problem.

Be available to talk, show interest in their situation, and refer them to professionals for help.

- Redness of eyes (and wearing of sunglasses to disguise this)
- Constant runny nose and teary eyes
- Sudden mood changes
- Unexplained absenteeism
- Change in personal behaviour
- Sloppiness
- Listlessness and lack of energy
- Anti-social behaviour
- Anxiety
- Nausea
- Stealing
- Loss of appetite

Contact Us

If you have been approached to try drugs or wish to report any information, please contact:

Tel: 1800-325-6666

**The Duty Officer
Central Narcotics Bureau**

For more information, please visit our website at

www.cnb.gov.sg

Helplines

Singapore Anti-Narcotics Association (SANA)

Tel: 1800-733-4444
(Daily, 7:30am - midnight)

Samaritans of Singapore (SOS)

Tel: 1800-221-4444
(24 hours daily)

Teenage Crisis Centre (Teen Challenge)

Tel: 6346-9332
(Mon-Fri, 9:00am - 5:00pm)
(Sat, 9:00am - 1:00pm)

TOUCHLINE (TOUCH Youth Service)

Tel: 1800-377-2252
(Daily, 10:00am - 10:00pm)

Youthline (Youth Challenge)

Tel: 6336-3434
(Mon-Fri, 8:30am - 6:00pm)

Chinese Development Assistance Council (CDAC)

Tel: 6843-5588
(Mon-Fri, 9:00am - 6:00pm)
(Sat, 9:00am - 1:00pm)

MENDAKI

Tel: 6245-5710
(Mon-Fri, 8:30am - 6:00pm)
(Sat, 8:30am - 1:00pm)

Singapore Indian Development Association (SINDA)

Tel: 1800-295-4554
(Mon-Fri, 8:00am - 6:00pm)
(Sat, 8:00am - 1:00pm)



Central Narcotics Bureau

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Singapore 088763

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