



Thank you for choosing to have your drugs checked by UBCO's Harm Reduction Team (HaRT)! This document explains how to collect and package your sample and has some helpful information.

**To contact us, text or call our phone (250 -864-1431) or e-mail us (harm.reduction@ubc.ca).** Please note our phone is only monitored during drug-checking hours. You can follow us (*Facebook: @UBCOVOICE | Instagram: @campushealthubco | Twitter: @UBCOHealth*) for service updates and to see what we are finding in drugs.

### Packaging Your Drug Sample:

If this is confusing, bring us your sample however you have it, and we'll help you package it. We also provide supplies for this! Be safe when collecting a sample by packaging it in a safe place (e.g., where other people will not accidentally consume your substance like in a shared kitchen) and using protective equipment as needed (e.g., gloves, glasses).

1. Collect the sample — a sample needs to be about the **size of a grain of rice**
2. Place the sample in the **middle of a small piece of tinfoil**, and fold so that the sample will not spill out
3. Place the foil square **into a small plastic bag**, and seal the bag
4. Place the bag **into an envelope, along with the completed Sample Collection Form** (located on page 2 here), and seal the envelope.
5. Bring to a service location during drug checking hours



### Harm Reduction Service Hours

#### **Tuesdays**

- 5:30pm - 7:30pm: Nechako 231
- Last call for samples at 7pm

#### **Wednesdays**

- 2pm - 5pm: Living Positive Resource Centre (255 Lawrence Ave., 778-753-5830, info@lprc.ca)
- LPRC accepts and stores samples outside of service hours, contact LPRC for more info

#### **Thursdays**

- 5:30pm - 7:30pm: UNC 337 (student health clinic)
- Last call for samples at 7pm

### Helpful Resources

- [Lifeguard App](#)
- Alcohol and Drug Information Referral Service: 1-800-663-1441
- [UBC's Student Recovery Community \(@recovery\\_ubc\)](#)
- <https://drugchecking.ca>

## Frequently Asked Questions

### Drug Checking

- **Protecting your information:**
  - We use information from the sample collection form to collect data on the kinds of drugs that are circulating - we never keep your personal information.
- **Getting your sample to us:**
  - you can drop by our locations during service hours, or check out our website for more options

- **Where to get supplies to package your sample:**
  - If you don't have supplies to package your sample (tin foil, baggies, envelope, sample collection form) we're happy to provide these for you. Either call/text ahead or we can provide you with a sample collection package!
- **How we check your sample:**
  - we use a Fourier Transform Infrared Spectroscopy (FTIR) machine alongside fentanyl test strips (FTS) and benzodiazepine test strips (BTS). The machine can tell us approximate percentages of what's in a sample, as long as it's a concentration of 5-10% or more. This means if there's a very small amount of something, it might not show up on the FTIR. That's why we use fentanyl and benzodiazepine test strips - these drugs can be present in small amounts and still be dangerous. Test strips are more sensitive, and can't tell us a percentage, but can tell us whether these substances are present.
- **How long it takes to check your sample:**
  - It can take up to 30 minutes to analyze a sample.
- **Limitations/the "Chocolate Chip Cookie Effect":**
  - When we receive a sample, it's important to remember it doesn't reflect the entire substance. It's sort of like when you break off a piece of a chocolate chip cookie - the piece you break off might have chocolate, and it might not. Drugs don't have an even distribution of fillers and main ingredients, so even though we don't find fentanyl in a sample, it might still be in the substance.
- **Getting used paraphernalia checked:**
  - We can also analyze used paraphernalia – used cookers can be sent for processing if they are dry and have a sample size worth of residue. Cookers can be placed directly into the zipper-sealed plastic bag.
- **Other kinds of samples:**
  - We cannot check organic materials (weed, mushrooms)
- **What else we can offer:**
  - we provide sterilized supplies at request, information on lower-risk partying, how to support loved ones who struggle with substance use, overdose awareness and prevention, naloxone training and kits, smoking cessation support information and resources, and many other harm reduction resources!

## Sample Collection Form (1 per sample)

Ensure you have consent to collect information, including that the person is okay receiving their results via the selected method. Contact information is not stored with drug checking results, it is destroyed for confidentiality.

<b>Date this sample was bought:</b>	<b>Where sample was bought:</b>  <i>(e.g., Kelowna, Vernon)</i>	<b>What sample was bought as:</b>  <input type="checkbox"/> Fentanyl  <input type="checkbox"/> Meth  <input type="checkbox"/> Cocaine  <input type="checkbox"/> Other: _____
-------------------------------------	---	--

**Have you already used this substance?**

Yes (post-use)
  No (pre-use)
  Not applicable

**This is used drug paraphernalia (e.g., pipes, cookers):**

Yes
  No

**Important notes** (e.g., did you have a weird reaction, did this result in an overdose, anything else unexpected?). This can help us know when we need to put out a drug alert about dangerous drugs.

  
  
  
  

**How would you like your results?** (select one of the below options)

<input type="checkbox"/> <b>Email:</b>	<input type="checkbox"/> <b>Phone call</b> <input type="checkbox"/> <b>Phone text</b> (select one)  <b>Number:</b>	<input type="checkbox"/> <b>Through friend/agency</b>  <b>Name:</b>  <b>Contact</b> (email/phone number - indicate to text or call):
--	---	--

**Do you need anything else in addition to drug-checking?**

Naloxone kit     Naloxone training     Sterile supplies     Sample collection pack

**How did you hear about us?**

Poster     Social media     Newsletter     Friend     Professor     Other: \_\_\_\_\_