



Canadian Centre on Substance Abuse
Centre canadien de lutte contre l'alcoolisme et les toxicomanies

In partnership with



University
of Victoria

Centre for Addictions
Research of BC

Alcohol and caffeine:

A BAD BUZZ

Pre-mixed caffeinated alcoholic drinks first hit Canadian retail shelves in the year 2000. While they quickly became popular among youth and young adults, recent research suggests that these drinks come with many risks.

There are two types of caffeinated alcohol drinks

Caffeinated alcoholic drinks can be either pre-mixed by the manufacturer or hand mixed by the drinker or server. The government sets a limit on the caffeine content of pre-mixed drinks. But youth and young adults often mix their own drinks, and when they do the levels of caffeine and alcohol are usually much higher. As a result, the hand-mixed type is often more dangerous.

So, what's the risk? If your son or daughter consumes caffeinated alcoholic drinks, the **caffeine may fool him or her into thinking they are not as drunk** as they really are. The **caffeine will also keep them awake and perhaps drinking longer**, increasing their risk of **alcohol poisoning and other harms**.

Compared to drinking only alcohol, mixing alcohol and caffeine increases the risk your son or daughter will

- ★ be sexually assaulted or sexually assault someone;
- ★ drive drunk or get a ride from a driver who is drunk;
- ★ get injured or in a fight; or
- ★ not realize how drunk he or she is.

Other nasty side effects include

- ★ dehydration;
- ★ vomiting;
- ★ hangover;
- ★ high heart rate and heart palpitations; and
- ★ alcohol poisoning.

Safer drinking tips

Alcohol can harm the way your son or daughter's brain and body develop. Talk to them about drinking. If they are going to drink, make sure they know the risks they face. Advise them to

- ★ avoid hand-mixed caffeinated alcoholic drinks; and
- ★ drink pre-mixed caffeinated alcoholic drinks with extreme caution.

Make sure your kids

- ★ plan for a safe ride home so there will be no drinking and driving;
- ★ use the buddy system and keep an eye on their friends and themselves;
- ★ eat food while drinking because it slows the absorption of alcohol; and
- ★ have water or non-alcoholic, non-caffeinated drinks in between alcoholic drinks.

