

Cheese/Cheese Heroin Info Sheet

1. lab analysis shows that cheese contains app. 94.5-95% acetaminophen with app. 4.5-5% mixture of diphenhydramine (Benadryl) and black tar heroin-acetaminophen and diphenhydramine is the drug combination that makes up Tylenol PM).
2. The Tylenol PM is ground into powder then mixed with sticky black tar heroin to form “cheese.”
3. “cheese” is said to refer to consistency of product which is similar to that of parmesan cheese (in shaker), as well as being a play on the slang term for heroin “chiva.”
4. “cheese” is popular with youth because it is so cheap-average cost of a hit or “bump” (equal to 1/10 gram) is about \$2 and it produces a strong produces a sense of euphoria
5. most common method of ingestion is snorting, either directly or by using tube/straw
6. signs to identify use include tan brown powder, usually folded into notebook paper (bindle) or in a small baggie
7. highly addictive due to heroin content-reportedly after only one use sometimes
8. users can suffer withdrawal symptoms within 12 hrs of taking a hit-including headaches, chills, nausea, muscle pains/spasms, extreme agitation, and various flu-like symptoms
9. referred to as a “starter” drug due to highly addictive nature tending to lead to use of more &/or stronger drugs
10. side effects include euphoric state, disorientation, lethargy, sleepiness, hunger, excessive thirst
11. most commonly used by Hispanics, especially middle & high school students
12. often used by drug dealers to lure children & get them addicted so will continue to buy products
13. middle schoolers often use lunch money to purchase “cheese” since so inexpensive, then snort through hollowed out ballpoint pen
14. produces a rush due to amphetamines in Tylenol PM/cold medicines that is similar to that produced by a “speed ball”-cocaine/heroin mix
15. continued use of such large quantities of Tylenol PM can result in liver damage or failure
16. Since Tylenol PM is analgesic/sedative & heroin is an opiod that mimics endorphin actions creating the euphoric state, users essentially get a “double whammy”-two downers at once, which potentially can result in dangerously decreased heart rate or heart stoppage (death).
17. all major ingredients are CNS and respiratory depressants so can overdose or used in combination with other depressants, such as alcohol, could lead to respiratory arrest & result in death
18. youth often hide “cheese” in some unique places: pants (cuffs, waistbands), hoodies, bras, hairbuns/twists, inside book binders, colored markers, belt buckles, cell phone battery compartments, tennis shoes (under soles, loop in tongue)

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