

Scotland's benzodiazepine market is changing – the strength and contents are highly unpredictable, increasing the risk of overdose.

Detections of bromazolam have decreased, while other street benzos, such as ethylbromazolam and clonazolam, have increased.

Street benzos are commonly found as white, yellow or blue circular tablets. They may be sold as fake medicines: unregulated drugs designed to look genuine in counterfeit packaging.

New tablet types are also emerging, including jelly capsules.

There is a further risk of contamination, as non-benzos, including nitazenes (opioids) and medetomidine (a depressant), have been detected in drugs sold as benzodiazepines.



Ethylbromazolam mis-sold as diazepam.



Etizolam mis-sold as temazepam.

Overdose

Overdose signs might include:

- being unresponsive (will not wake when shaken)
- snoring or noisy breathing
- shallow (or slowed) breathing
- blue or pale lips and skin
- seizures or fits

In an emergency

- Stay calm, call 999 and ask for an ambulance.
- Give as much information as you can about what was taken.
- Stay with the person until help arrives.
- Naloxone should be given to anyone who is unresponsive and displaying the signs of an overdose.

Harm reduction

- Use drugs in the company of other people and take turns to dose.
- Avoid mixing drugs knowingly, particularly other depressants such as alcohol, pregabalin and opioids.
- Take a smaller amount than you usually would and leave a long gap in between doses.
- Get naloxone from your local drug service or order from www.sfad.org.uk
- Find support at www.scottishdrugservices.com

To find out more, visit
publichealthscotland.scot/RADAR



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