



The BCS D Pulse

Binghamton City School District

December 2018

Dear Binghamton Families,

The Binghamton City School District is thankful for the partnership we have with the families of our students. Recently, we have become aware of a potential threat to the health and well-being of our students by the ingestion of a drink that is being referred to as Lean, Dirty Sprite, Sizzurp or Purple Drank. Although this drink has been around for a number of years, it has recently made a resurgence in our community.

I think it is important for parents to be aware of what the kids are involved in and what signs to look out for. The drink is a mix of codeine -based prescription cough syrup, soda and candy (usually jolly ranchers or skittles). By diluting the cough syrup with sugary drinks, it promotes quick consumption which results in a large quantity of cough syrup being ingested. Many of the drinks also have a drug called promethazine in it which acts as a sedative and can depress the central nervous and respiratory system stopping the heart and lungs. Bottom line: it can be deadly, especially mixed with other drugs and alcohol.

Typically you will see large amounts of candy, sprite or soda and some sort of cough syrup. Many times the kids put them in Styrofoam cups, water bottles or baby bottles. They are typically red or purple in color. Some effects are dizziness, drowsiness, abdominal pain, loss of balance or coordination, slow/slurred speech, constricted pupils, difficulty breathing, blurred vision, nausea, slowed heart rate, and memory problems. The effects can last between three and six hours. Long term users can go into comas, develop seizures or die.

Given the potential for children to easily access the ingredients for this drink, we wanted you to be aware. We thank you for your continued commitment to being knowledgeable about your child's activities. We encourage you to talk with your child about this and explain the dangers surrounding the drink.

Sincerely,

Tonia

Dr. Tonia Thompson
Superintendent of Schools

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