Poly drug use involves:

- using two or more drugs at the same time or on the same occasion, or
- using two or more drugs within a certain period, but not necessarily at the same time.

It is not always possible to predict the exact effects of a single drug or a single dose of a drug. We know that the effect of drugs can vary from person to person and the effects of a particular drug can vary each time it is used.

However, mixing drugs together can make the effects even more unpredictable. The effects also depend on which drugs are mixed together.