

COMBINATIONS

Ice combined with...

(Possible outcomes - what works for one person may not work for another. We recommend you proceed with caution.)

- Other stimulants = heart strain which can lead to stroke
- GHB = overdose and heart strain; these 2 substances will fight against each other as one speeds you up and the other slows you down. In case of emergency it makes treatment extremely difficult
- Alcohol = Ice enables you to drink more, which can lead to liver and kidney damage in the long term, not to mention a killer hangover
- Caffeine = anxiety
- LSD = Ice can speed up the trip making it more intense while the LSD can magnify the anxiety and paranoia caused by the ice
- Opiates = heart strain, due to the opposing effects of the 2 drugs, i.e. stimulants and depressants
- Cold and flu medicines containing decongestants = raised blood pressure

It is **not** recommended to use ice if you suffer from:

- Sleep deprivation
- Insomnia
- Anxiety
- Schizophrenia
- Psychotic disorders
- Hypertension
- Heart problems
- High blood pressure

SAFER USING TIPS

- Start with small amount, since its impossible to tell the strength of ice by looking at it, it's best to test a small amount prior to having your standard dose
- SLEEP! Many of the negative psychological effects of ice are simply due to sleep deprivation
- Drink plenty of water
- Try to alternate water with sports drinks to replenish electrolytes
- Make sure you eat regularly - even when you don't feel like it
- **If snorting:**
 - Be careful of the nasty bits that can cut your nose
 - Use a clean straw instead of a rolled note. Money is handled by heaps of people and is very unhygienic
- **If injecting,** in order to reduce risk of BBVs (blood borne viruses) including hepatitis B & C and HIV:
 - Always use new, sterile injecting equipment, including spoons, etc.
 - Use sterile water if possible although Melbourne tap water is ok
 - Wash your hands before and after using
 - Dispose of injecting equipment safely

MORE INFO

This resource is designed to give a brief overview and it is recommended that you do further research. The following websites may provide you with useful information.

www.dancewize.org.au
www.hrvic.org.au
www.erowid.org
www.bluebelly.org.au

www.bluelight.ru
www.dancesafe.org
www.trippproject.ca
www.meth.org.au

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**KNOW YOUR MIND, KNOW YOUR BODY,
KNOW YOUR SUBSTANCE AND KNOW YOUR LIMITS!**

This resource has been developed for party goers and people who are already using drugs. The role of DanceWize is to provide factual, relevant and practical information to assist you to make informed choices about different drugs and to promote harm reduction, safer partying and safer drug use.

DESCRIPTION

Ice is the common name for (generally) higher purity, smoke-able methamphetamine. It is a psycho-stimulant chemical which means it speeds up the messages from your brain to your body, speeding up the body and the mind. It is generally in the form of translucent crystals, although it is also found in pills, capsules and powder. Ice increases the release of your body's 'feel good' chemicals (i.e. dopamine, noradrenaline and serotonin). Ice is more quickly and more completely absorbed by the brain than other amphetamines, which is why the high is faster and more intense. Ice is similar to speed in many ways but it can be much stronger. Some studies suggest that smoking or injecting ice can be more habit-forming than snorting or swallowing it.

DOSAGE TIPS

- Start with a small amount to test purity
- Try to keep track of how much you have taken and how often you are re-dosing
- Give it plenty of time to work
- Try to buy from a trusted source – i.e. someone who will tell you about any changes to purity, etc.
- Remember: the effects of ice are stronger and last longer than speed
- Try to allow yourself time to recover

ADMINISTRATION

Smoked, snorted, eaten or injected

DURATION

Total Duration:	4 - 8 hours
Onset:	0 - 10 minutes
Peak:	2 - 4 hours
Coming Down:	2 - 4 hours
After Effects:	2 - 24 hours

Half-life: The effects of ice may appear to wear off after 6 hours; however the drug remains active in your system for another 10 hours after you can feel the effects.

Roadside drug test: Detectable for at least 24 hours after use

EFFECTS

(The following is a list of possible effects, which may vary from person to person)

Physical

- Increased energy and alertness
- Dilated pupils
- Decreased need for sleep
- Increased sexual activity
- Excessive talking
- Hyperactivity
- Repetition of simple acts
- Increased body temperature and sweating
- Tightened jaw muscles, grinding teeth
- Loss of appetite
- Stomach cramps
- Weight loss
- Headaches
- Dizziness
- Compulsive picking or scratching at face and skin
- Nausea
- Vomiting
- Diarrhoea
- Shortness of breath
- Involuntary tremors and twitching
- Aggressive and violent behaviour
- Irregular heart beat
- Heart palpitations
- Collapse
- Seizures
- Stroke
- Coma

Emotional

- Euphoria
- Increased self confidence
- Moodiness
- Irritability
- Aggressiveness
- Depression
- Suicidal tendencies/thoughts – especially when coming down

Psychological

- Increased motivation and focus
- Abrupt change of thoughts and speech
- Anxiousness
- Nervousness
- Restlessness and agitation
- Panic
- Panic attacks
- Suspicion & paranoia
- Sense of confidence and power (delusions of grandeur)
- Visual and auditory hallucinations (hearing voices)
- Psychotic episodes
- Mania
- Delusions
- Memory loss

STREET NAMES

Crystal, Meth, Shard, Rock, Tina, T, Crack, Shabu, Frosty

CHEMICAL COMPOUND

Methamphetamine
(N-methylamphetamine)



LONG TERM EFFECTS

- Addiction, both physically and psychologically
- Poor nutrition
- Lowered resistance to illnesses
- Violent behavior
- Mood swings
- Hallucinations
- Delusions and paranoia
- Homicidal or suicidal thoughts
- Insomnia
- Poor dental health
- Loss of interest in sex
- Impotence
- Psychosis
- Kidney and lung disorders
- Possible brain damage and/or permanent psychological problems
- Liver damage
- Stroke
- Vein collapse or infection (if injecting)

Psychosis and psychotic episodes can be triggered by sleep deprivation, lack of nourishment and underlying mental health disorders.

