

SAFER USING TIPS

- Try to start with a small amount - you don't know how strong it will be until you try it, so it is a good idea to test a small amount prior to having your standard dose
- SLEEP! Many of the adverse effects of speed are due to sleep deprivation rather than the drug itself
- Drink plenty of water
- Try to alternate water with sports drinks to replenish electrolytes
- Try to eat regularly - even when you don't feel like it
- It is a good idea to plan ahead and give yourself plenty of time to recover
- **If snorting:**
 - Snort water before and after to avoid damaging the protective lining in your nose
 - Use your own straw to prevent risk of BBV (blood borne viruses) transmission via tiny amounts of blood
 - A clean straw is preferable to a rolled note - money is unhygienic
- **If injecting,** in order to reduce risk of BBVs including hepatitis B & C and HIV:
 - It is a good idea to have your own set of injecting equipment
 - Try to use new, sterile injecting equipment, including spoons, etc
 - Sterile water is preferable but Melbourne tap water is ok
 - Wash your hands thoroughly before and after
 - Try to dispose of your used injecting equipment safely, in sharps bins if possible

COMBINATIONS

Speed combined with...

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

- Other stimulants (ice, ecstasy) = heart strain which can lead to stroke
- GHB = overdose and heart strain; the substances will fight against each other as one speeds you up and the other slows you down, which makes treatment extremely difficult in the case of emergency
- Alcohol - may enable you to drink more, but may lead to liver and kidney damage over time, not to mention a killer hangover!
- Caffeine = anxiety
- MAOIs = serotonin syndrome
- LSD = the speed will speed up the trip and make it more intense while the LSD will magnify the anxiety and paranoia caused by the speed
- Opiates = heart strain; your body has to battle against the stimulant and depressant effects of the drugs
- Cold and flu medicine that contains decongestants = can raise blood pressure to a dangerous level

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

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

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.hrvc.org.au
www.erowid.org
www.bluebelly.org.au

www.bluelight.ru
www.dancesafe.org
www.tripproject.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

Speed is a stimulant which means it speeds up your Central Nervous System (CNS). It is usually a white or off-white powder containing methamphetamine of varying purity. It can also be a reddish or pink powder, red/orange gummy crystals or in pill form. Amphetamine is found in prescription dexamphetamine tablets which are used to treat ADD, ADHD and narcolepsy. These tablets have a similar effect to methamphetamine; however, 1 tablet contains 5mg or 1/20th of a point of amphetamine.

DOSAGE TIPS

- It is a good idea to start with a small amount - to test strength and to gauge your tolerance
- Try to keep track of how much you're taking - to avoid overdoing it without realising
- Try to keep track of how often you're re-dosing - for the same reason
- Give it plenty of time to work - it may take longer than you expect for the effects to come on
- Try to buy from a trusted source - and from someone who will tell you about changes in quality, etc

ADMINISTRATION

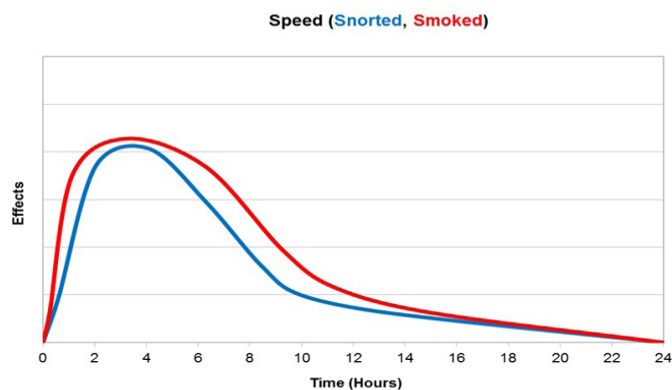
Swallowed, snorted, smoked or injected

DURATION

Total Duration:	4 - 6 hours
Onset:	0 - 10 minutes
Peak:	2 - 3 hours
Coming Down:	2 - 3 hours
After Effects:	2 - 24 hours

Half-life: Although the effects of the drug may appear to wear off after 6 hours, the drug remains active in your system for a further 10 hours; it is important to take this into account especially if you are using other drugs in conjunction with speed

Roadside drug test: Detectable for up to 24 hours after use



EFFECTS

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

Physical

- Increased energy, alertness and hyperactivity
- Dilated pupils
- Decreased need for sleep
- Disturbed sleep patterns
- Increased sexuality
- Excessive talking
- Repetition of simple acts
- Increased body temperature and sweating
- Tightened jaw muscles, grinding teeth
- Loss of appetite
- Weight loss
- Headaches
- Compulsive picking or scratching at face/skin
- Nausea, vomiting, diarrhoea
- Shortness of breath
- Involuntary tremors and twitching
- Aggressive and violent behaviour
- Irregular heart beat and/or heart palpitations
- Seizures
- Stroke in high dose

Many of the adverse effects of speed including psychosis can be triggered by sleep deprivation, lack of nourishment and underlying mental health disorders rather than the drug itself.

Emotional

- Euphoria
 - Severe depression, suicidal tendencies
- These effects are mostly associated with coming down from speed*
- Moodiness
 - Irritability
 - Aggressiveness
 - Depression
 - Suicidal thoughts

Psychological

- Increased motivation and focus
- Anxiousness and/or nervousness
- Restlessness and agitation
- Panic attacks
- Suspiciousness and paranoia
- Sense of confidence and power (delusions of grandeur)
- Visual and auditory hallucinations (hearing voices)
- Psychotic episodes and/or mania
- Delusions
- Memory loss

STREET NAMES

Wizz, Goey, Fast, Whippa, Whip

CHEMICAL COMPOUND

Methamphetamine (N-methylamphetamine)



LONG TERM EFFECTS

- Addiction, both physically and psychologically
- Poor health and 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
- Fatal kidney and lung disorders
- Possible brain damage and psychological problems
- Stroke
- Vein collapse or infection (if injecting)
- Liver damage