SAFER USING

- Use around people you trust and somewhere you feel safe.
- Eat about 30 minutes before use.
- A standard recreational dose of snorted amphetamine is between 10mg and 40mg.
- Prescription based amphetamines, like Vyvance contain their own prescribed dosage information
- Be aware of overheating or an elevated heart rate and make sure to cool down & chill out regularly.
- Keep your fluids up, but don't drink too much—1 cup of water (250ml) p/h when resting & 500ml per hour when active.
- Try eat every 2-3 hours, have a smoothie/sports drink to keep your electrolytes up
- Sleep! Or at least lay down and rest during a 24-hour period to avoid sleep deprivation.

SNORTING

- Crush to fine powder as crystals can cause little cuts.
- Snort water before and after to protect your nose.
- Use your own straw/spoon (& not money bills) to avoid infection or blood borne viruses (HIV/HVC)
- Repeated snorting can damage your nose, switch nostrils regularly and take breaks.

INJECTING

- Use your own, new and sterile injecting equipment (inc. water when mixing).
- Wash your hands thoroughly before and after.
- Learn about safer injecting practices.
- Dispose of syringes & equipment responsibly.

Look for this symbol

SHELVING (DRY)/PLUGGING (WET MIX)

- Use lubrication to avoid tearing the skin
- Use a condom or latex/vinyl glove to avoid internal scratches
- Wash your hands thoroughly before and after
- Use sterile water to mix with powdered pill
- Find a discreet and safe place to do it.

SAFER HANDLING

- Carrying drugs & paraphernalia puts you at greater risk of criminal charges (inc. trafficking, even if you don't deal). Know your local laws.

Carrying speed and paraphernalia (e.g. injecting/snorting/plugging equipment) puts you at risk of criminal charges including trafficking, even if you don't deal.

Know your local laws e.g. the Drugs Misuse Act 1986 (Qld), the Drugs Poisons and Controlled Substance Act 1981 (Vic).

LONG TERM EFFECTS

Physical and Psychological Dependency, Loss of appetite, weight loss, Poor health and nutrition , Lowered resistance to illness, Poor dental health, Impotence, Psychosis, Fatal kidney and lung disorders, Possible brain damage and/or psychological problems, Stroke,Vein collapse or infection (long term injecting), Blood Borne Virus and liver damage (long term injecting)

DRUG TESTS

Roadside Police: Roadside saliva tests do look for speed (amphetamines) and other substances can be detected that might have been cut into your speed. It is illegal to drive under the influence of any illicit drugs, including speed and any driver may be subject to a roadside behavioural impairment test. Wait at least 72 hours before driving

Workplace: Urine: 1-4 days Hair: Up to 90 days Blood: 12 hours

'Pill Testing'/Drug Checking: Lab-quality testing has been trialed in Australia and is not available as a health service yet but DIY reagent testing is an option. Marquis and Mandelin give a reaction. Mecke and Robadope do not give a reaction. This information can be used to cross-reference results.

MORE INFO

This resource has been made by people who use drugs for their peers & the wider community. The role of DanceWize is to provide credible & non-judgmental info to promote health & harm reduction. In an unregulated (illegal) market you don't know the purity or dose of any drug and there is always some risk. You can educate yourself and practise harm reduction to reduce risk.

Knowledge is power.

MORE INFO @ WWW.

dancewize.org.au
dancewizensw.org.au
higround.org
prism.org.au
consciousnest.info
erowid.org
tripsit.me (drug combos chart)
dancesafe.org
tripproject.ca
kosmicare.org/
pillreports.net
bluelight.org

Speed

STREET NAMES

Speed, goey, louis, pep, whizz, whip, whippa, uppers, fast, ox blood, dexies, adds etc

CHEMICAL COMPOUND

etamine (Amphetamine sulphate) Methamphetamine (N- methylamphetamine sulphate)

Know Your Body & Mind - 'Set
Know Your Environment - 'Setting
Know Your Drug - Practise Harm Reduction

DESCRIPTION

Amphetamines are stimulant drugs, which means they act to speed up heart rate and breathing. Some types of amphetamines are legally prescribed by doctors to treat conditions such as attention deficit hyperactivity disorder (ADHD), narcolepsy and Parkinson's. Other types of amphetamines such as speed are produced and sold illegally. The more potent form is crystal methamphetamine (ice), speed now mostly contains methamphetamine of varying purity. Speed (aka amphetamines) comes in various forms including powder, tablet, paste (ox-blood) and crystal.

DURATION OF EFFECTS

SNORTED

Total duration: 3 - 6 hours

Onset: 5 - 10 minutes

Peak: 15 - 40 minutes

Coming down: 45 mins - 3 hours

Hangover/After effects: 1- 12 hours

Injected/Smoked

Total Duration: 2 - 4 hours

Onset: Immediate

SWALLOWED

Total Duration: 4 - 8 hours

Onset: 15 - 30 minutes

After Effects: 1 - 12 hours

HALF LIFE

Even though the apparent effects of the drug wear off after 6 hours, the drug is still active in your system for up to 12-14 hours after you have taken it. Try to remember this if using other substances or redosing.

It is not recommended to use speed if you have or are at risk of:

Heart Problems, Anxiety, Psychotic disorders, Schizophreni, Respiratory problems, Heart problems

EFFECTS

'Set' (your mind & body) + 'Setting' (environment) + Drug

LESS COMMON RARE

PHYSICAL

- Dilated pupils
- Increased energy, alertness and hyperactivity
- Dehydration
- Excessive talking
- Tightened jaw muscles, teeth grinding, headaches
- Increased body temperature and sweating
- Restlessness and agitation
- Body rushes - hot and cold
- Insomnia - decreased need for sleep
- Increased sexual activity/desire
- Nausea/vomiting
- Loss of appetite, weight loss
- Heart palpitations
- Seizures, stroke, heart attack or coma
- Collapse
- Tooth decay as a result of dry mouth and teeth grinding

EMOTIONAL

- Euphoria
- Increased Empathy & compassion
- Moodiness
- Irritability
- Anxiousness or nervousness
- Aggressiveness
- Depression

PSYCHOLOGICAL

- Repetition of simple acts
- Abrupt change of thoughts and speech
- Increased self confidence
- Suicidal tendencies/thoughts
- Panic attacks
- Suspicion & paranoia
- Compulsive picking/scratching skin
- Sense of confidence and power (delusions of grandeur)

Effects contined...

- Visual and auditory hallucinations (hearing voices)
- Psychotic episodes and /or mania
- Delusions
- Excited Delirium Syndrome

DRUG COMBINATIONS

Polydrug use has many possible outcomes. What could be fun for one person could be dangerous for another. We recommend you proceed with caution.

DANGEROUS

Tramadol - Increase of risk of seizures

MAOIs:

MAO-B inhibitors - can increase the potency and duration of phenethylamines unpredictably.

MAO-A inhibitors with amphetamine can lead to hypertensive crises, psychosis, agitation and aggression.

CAUTION

2C-T-x - Stimulants increase anxiety levels and the risk of thought loops which can lead to negative experiences. In extreme cases, they can result in severe vasoconstriction, tachycardia, hypertension, and in extreme cases heart failure.

DXM (cough syrup) - Both substances raise heart rate, in extreme cases, panic attacks caused by these drugs have led to more serious heart issues.

LOW RISK

Psychedelics (LSD, Psilocybin) - can increase anxiety levels and risk of thought loops leading to negative experiences

Stimulants(Cocaine, Methamphetamine etc) - Combination of stimulants will increase the strain on the heart risking stroke.

Alcohol - Stimulants reduce the sedative effects of alcohol which can lead to excessive drinking and the risks associated with that.

GHB/GBL- Stimulants increase respiration rate allowing a higher dose of sedatives. If the stimulant wears off first then the sedative may overcome the patient and cause respiratory arrest.

Opioids - Stimulants increase respiration rate allowing a higher dose of sedatives. If the stimulant wears off first then the sedative may overcome the patient and cause respiratory arrest.