

and 30-40mg (heavy), or ~1 puff vs. 3 puffs.

- Smoking changa joints rather than using bongos makes it easier to monitor dosage - Start with a very small amount to gauge strength.

SAFER HANDLING

Carrying drugs & paraphernalia puts you at greater risk of criminal charges. You can still be charged with trafficking even if you don't actually deal.

KNOW YOUR LOCAL LAWS.

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.*

Information on different drug combinations with smoked DMT is currently very limited. However, as DMT is quite an intense, mind bending experience that can catapult your spirit into another dimension, it really is best to avoid using DMT in combination with any other substances.

DANGEROUS

Tramadol - is well known to lower seizure threshold and psychedelics also cause occasional seizures

CAUTION

Cannabis - has an unexpectedly strong and somewhat unpredictable synergy with psychedelics.

Amphetamines, Cocaine & Other Stimulants

- Stimulants increase anxiety levels and the risk of thought loops which can lead to a negative experience on DMT.

SSRIs - may decrease the effects of DMT.

Other Psychedelics - may intensify the DMT experience, leading to a longer peak and slower come down

GHB/GBL or Alcohol - may decrease the effects of DMT

Taking DMT can be particularly dangerous if you have or are at risk of:

- Asthma &/or Chest infections
- Anxiety
- Psychotic disorders
- Schizophrenia
- Heart Issues

DRUG TESTS & ROADSIDE TESTS

Roadside Police Testing: Roadside saliva tests do **not** look for DMT but other substances that may have been cut into it can be detected. It is illegal to drive under the influence of **any** illicit drugs, including DMT & any driver may be subject to a roadside behavioural impairment test. Wait at least 24 hours before driving. Taking multiple doses over a period of several hours can lengthen this time period.

Workplace: OHS law gives employers rights to test employees for drug use. This should be contained in workplace policy, it should be reasonable, & a risk assessment should be done to determine whether testing of employees is appropriate. DMT can be determined in your:

Urine: > 24 hours; Hair: Up to 90 days;

'Pill Testing'/Drug Checking: *Lab-quality testing has been trialed in Australia but is not yet available as a health service outside the ACT.* DIY reagent testing is an option. Marquis, Mecke and Mandelin give a reaction.

MORE INFO:

This educational resource has been developed by people who use drugs for their peers and the wider community. The role of DanceWize is to provide practical, evidence-based, unbiased information to assist you to make educated choices and to promote harm reduction, community care, and wellbeing. In an unregulated market it's impossible to know the purity or dose of any substance. Taking drugs from an unregulated market carries its own risk, and you can educate yourself and practice harm reduction to reduce this risk.

Knowledge is power.

OTHER HELPFUL PEER BASED WEBSITES

AUSTRALIA

www.dancewize.org.au
www.dancewizensw.org.au
www.hi-ground.org
www.prism.org.au,
www.consciousnest.info

INTERNATIONAL

www.erowid.org
www.tripsit.me
www.dancesafe.org
www.tripproject.ca
<https://www.kosmicare.org/>
www.pillreports.com

Research your jurisdiction's Department of Health website for drug 'alerts' or 'warnings'. Both HRVic & DanceWize post these Drug Alerts on our socials.



DMT

STREET NAMES

Dimitri, changa, ayahuasca, deems, the spirit molecule, spice, the sacrament, BML (business man's lunch)

CHEMICAL COMPOUND

N,N-Dimethyltryptamine

KNOW YOUR BODY & MIND - 'SET'
KNOW YOUR ENVIRONMENT - 'SETTING'
KNOW YOUR DRUG - 'PRACTISE HARM REDUCTION'

SAY 'KNOW' TO DRUGS.

DESCRIPTION

DMT is a naturally occurring psychoactive substance in the tryptamine family that can be found in small amounts in the human body and throughout the plant and animal kingdoms.

It causes intense visuals and strong psychedelic effects when either smoked or ingested alongside a MAOI, (MonoAmine Oxidase Inhibitor), such as harmine or harmaline.

There are many indigenous cultures in South America whose traditional religious practices include the use of DMT in snuffs and ayahuasca, which is a DMT-infused brew. In Australia DMT is typically found as either a white, yellow, ping or orange powder or crystal.

This powder or crystal is also often infused with dried plant matter, (*typically caapi – a South American vine containing MAOI*) to create “changa”.

ADMINISTRATION (MOST COMMON ROUTES)

Note: the way in which a drug is administered can dramatically change the strength and overall duration of any effects.

- Smoked through a bong, pipe, vaporiser or rolled in a joint (5-40mg per trip)
- Ingested alongside an ayahuasca brew (dosage varies)

DURATION OF EFFECTS

For DMT when smoked -

Total Duration: 3-20 minutes

Onset: 0-2 minutes

Peak: 3-15 minutes

After Effects: 15-60 minutes

HALF LIFE (the time it takes for the amount of a drug's active substance in your body to reduce by half.)

Even though the apparent effects of DMT may wear off after 10-20 minutes, the drug is still active in your system for up to 1-2 hours after you have taken it. Remember this if using other substances or redosing.

EFFECTS

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

PHYSICAL

- Intense open eye and closed eye visuals
 - Slight stomach discomfort
- Risk of clumsiness/falling
- Unusual body sensations (chills, goosebumps, tingling)
- Increased blood pressure
- Increased heart rate
- Lethargy (feeling heavy)

EMOTIONAL

- Profound/Life changing spiritual experiences
- Feeling of oneness with the multiverse and all beings within it
- Anxiety
- Panic 🧡
- Overwhelming fear 🧡

PSYCHOLOGICAL

- Powerful 'rushing' sensations
- Auditory hallucinations/sound distortions (*buzzing*)
- Colour shifting - a red/green and gold colouring to the whole world
- Temporary verbal dyspraxia (*inability to communicate*)
- Distorted perception of time
- Confusion
- Radical shift in perspective 🧡
- Reduced connection to ego (ego death) 🧡
- Difficulty integrating experiences 🧡
- Paranoia 🧡

LONG TERM EFFECTS

Some people may re-experience the subjective effects of DMT days, weeks, months, or even years later. These experiences are rare and most likely to be mild – such as slight changes in perception - however powerful recollections of images and emotions could occur.

*Psychedelic drugs *may* accelerate the onset of mental health issues if you are genetically predisposed. *DMT is not strongly associated with exacerbation of mental illness, but it is important to be aware of this possibility*

KEY: 🧡 LESS COMMON 🧡 RARE

SAFER USING

- **Remember 'Set'**, (your current mindset & body), & **'Setting'**, (the other people and environment around you), **can help shape a psychedelic experience as much as the drug itself**
- Try to **use in comfortable environments with people you trust** to look out for you
- **Have a sober or experienced safe person** with you (trip sitter).
- **Sit or lie down for the experience. Try to find a place with low stimuli.**
- Breathe calmly through your nose to ground yourself.
- Be aware the smell of DMT is quite distinct and can be unpleasant. Depending how the DMT is smoked, it may cause a mild burning sensation in your lips, throat and lungs which can affect your experience of the trip.
- **Take your time and be mindful of how you are feeling as the drug is coming on - more is not necessarily better.**
- **Try not to make any big decisions about life or people during the experience or until you have fully 'landed'**
- **Research 'Integration'** (ongoing learning process after psychedelic experiences).
- **If you are smoking DMT as “changa”, make sure you are aware of what's in that particular mix.** Some changa will contain other drugs that can have other unwanted effects. If you are unsure, try asking the dealer.

WHEN SMOKING

- Avoid sharing smoking devices to prevent sharing blood borne viruses such as Hep C.
- Keep your lips moisturised to avoid cracking & bleeding
- Clean your smoking devices by soaking in boiling water.
- It is very easy to burn DMT, (leading to an incredibly unpleasant taste, mild burning sensation, coughing or even vomiting). The desired vaporisation temperature is between 60-80 degrees Celsius.
- A recreational dose (vaporised) is ~5-10mg (light)