



LSD

STREET NAMES

Acid, trips, tabs, microdots, dots, blotters, lucy, alice, cubes, drops, liquid

CHEMICAL COMPOUND

Lysergic acid diethylamide - C₂₀H₂₅N₃O

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

SAFER USING

'Set' = your mind + body. 'Setting' = environment. For psychedelic drugs, Set & Setting are very important and shape the experience.

- Use around people you trust and somewhere you feel safe.
- Wear comfy clothes, check in with yourself—Some people like to do stretching or mentally prepare for the experience.
- Use LSD only if you feel well (physically or emotionally)—LSD amplifies what you're feeling.
- Have a sober or experienced safe person with you (trip sitter).
- Eat about 30 minutes before use.
- Have snacks and water ready for the journey
- Always dose yourself.
- LSD is tasteless metallic, bitter or numbing sensation—'If it's bitter, it's a spitter!'
- LSD is highly potent, as tiny doses of 75-150 micrograms (µg) produce significantly altered states of consciousness.
- You can cut tabs into smaller pieces if you are unsure of potency.
- Avoid dosing drops directly onto your tongue.
- You can add a cube or a tab to water to split a dose evenly (mix well & keep sealed/ labelled).
- The minimum perceptual dose is ~25 µg. Anything below that is typically considered a sub-perceptual "microdose."
- If redosing, wait at least 3-6 hours.
- 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).

SAFER HANDLING

- Keep LSD away from children. Use child proof lids on your bottles and containers.
- LSD can be absorbed through the skin (wear gloves if handling in liquid form).
- Carrying drugs & paraphernalia puts you at greater risk of criminal charges (inc. trafficking, even if you don't deal). Know your local laws.

LONG TERM EFFECTS

- Hallucination Persisting Perception Disorder is a rare and potentially chronic condition. There are myths that exaggerate the risk of 'flashbacks!'
- Psychedelic drugs may accelerate the onset of mental health issues if you are predisposed to such issues.

DRUG TESTS

Roadside Police: LSD is not detectable by a saliva test. It is illegal to drive under the influence of any illicit drugs, including LSD and any driver may be subject to a roadside behavioural impairment test. Wait at least 24 hours before driving.

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

Urine: up to 3 days; Blood: up to 12 hours

'Pill Testing'/Drug Checking: Lab-quality testing has been trialled in Australia and is not available as a health service yet but DIY reagent testing is an option. Ehrlich reagent reacts with LSD.

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
trippproject.ca
kosmicare.org/
pillreports.net
bluelight.org

Research your jurisdiction's Department of Health website for drug 'alerts' or 'warnings!'

DESCRIPTION

- 'Set' = your mind + body. 'Setting' = environment. For psychedelic drugs, Set & Setting are very important and shape the experience.
- Use around people you trust and somewhere you feel safe.
- Wear comfy clothes, check in with yourself—Some people like to do stretching or mentally prepare for the experience.
- Use LSD only if you feel well (physically or emotionally)—LSD amplifies what you're feeling.
- Have a sober or experienced safe person with you (trip sitter).
- Eat about 30 minutes before use.
- Have snacks and water ready for the journey
- Always dose yourself.
- LSD is tasteless metallic, bitter or numbing sensation—'If it's bitter, it's a spitter!'
- LSD is highly potent, as tiny doses of 75-150 micrograms (µg) produce significantly altered states of consciousness.
- You can cut tabs into smaller pieces if you are unsure of potency.
- Avoid dosing drops directly onto your tongue.
- You can add a cube or a tab to water to split a dose evenly (mix well & keep sealed/ labelled).
- The minimum perceptual dose is ~25 µg. Anything below that is typically considered a sub-perceptual "micro-dose."
- If redosing, wait at least 3-6 hours.
- 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).

SAFER HANDLING

- Keep LSD away from children. Use child proof lids on your bottles and containers.
- LSD can be absorbed through the skin (wear gloves if handling in liquid form).
- Carrying drugs & paraphernalia puts you at greater risk of criminal charges (inc. trafficking, even if you don't deal). Know your local laws.

EFFECTS

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

👉 LESS COMMON 👉 RARE

PHYSICAL

- Burping (during onset)
- Euphoria
- Closed and open-eye visuals
- Dilation of pupils
- Sensory enhancement (taste, touch, smell etc)
- Unusual body sensations (facial flushing, chills, goosebumps, body ener-gy, feeling like you have urinated on yourself or have started menstruat-ing)
- Increased heart rate in-crease
- Jaw clenching, yawning when not tired
- Perspiration
- Behavioural harms (inju-ry/accident)
- 👉 Nausea (during onset)
- 👉 Synesthesia; a sound may evoke sensations of colour
- 👉 Hyperreflexia- ab-sent or diminished re-sponse to reflex tapping
- 👉 Feeling of heaviness or lethargy
- 👉 Elevated Blood Sugar
- 👉 Saliva Production and/or Mucus Production
- 👉 Hypothermia or Hyper-thermia (difficulty regulat-ing body temperature)

EMOTIONAL

- Sense of unity and connectedness to other life forms and the uni-verse/multiverse
- General sense of euphoria
- Lack of focus
- Unusual thoughts and speech
- Range of emotions
- 👉 Life-changing spiritual experiences
- 👉 Megalomania (gran-diose); Inflated sense of self-esteem incl. delusional fantasies of power

PSYCHOLOGICAL

- Increase in associative and creative thinking
- Change in time perception
- Sense of calm and serenity
- 👉 Ego dissolution
- 👉 Fear of death

Effects continued..

- 👉 Overwhelming feelings
- 👉 Change in consciousness
- 👉 Dissociation of mind from body
- 👉 Confusion, disorientation
- 👉 Anxiety
- 👉 Paranoia
- 👉 Out of Body Experience

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.

CAUTION

Ice and other stimulants: increased risk of psychosis
Psychedelics: can intensify trip effects, risk of challenging experience. Effects are less predictable.

Cannabis: confusion, can lead to a challenging experience. Can also trigger psychosis. Regular cannabis users often wait till after the peak effects of LSD are over before using cannabis.

Ketamine affects intensity of the trip. Can lead to a challenging experience

Alcohol: nausea, blurred experience of trip

Benzodiazepines: counteracts the intensity of the trip

Antipsychotics: can counteract the effects of LSD

Antidepressants: can inhibit the effects of LSD

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

- Sleep deprivation
- Schizophrenia
- Psychotic disorders
- Other mental health issues
- Anxiety
- Depression.

