



# DMT

## STREET NAMES

Dimitri, changa, 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

## 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.
- 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 is distinct.
- 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).

## SMOKING

- Avoid sharing smoking devices to prevent sharing blood borne viruses (HIV/HCV).
- Keep your lips moisturised to avoid cracking/bleeding.
- It is easy to burn DMT—The desired vaporise temperature is between 60-80 degrees celcius.
- A recreational dose (vaporised) is ~5-10mg (light) and 35+mg (heavy) or ~1 puff vs. 3 puffs
- Puffing changa joints rather than inhaling bongos makes it easier to monitor dose—Start with a very small amount to gauge strength and

## 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.
  - Clean your smoking devices by soaking in boiling water for a few minutes.
- borne viruses such as Hep C.
- Keep your lips moisturised to avoid cracking/bleeding.
  - Clean your smoking devices by soaking in boiling water for a few minutes.

## DRUG TESTS

**Roadside Police:** Roadside saliva tests do not look for DMT but other substances can be detected that might have been cut into your DMT. It is illegal to drive under the influence of any illicit drugs, including DMT and 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, and a risk assessment should be done to determine whether testing of employees is appropriate.

Urine: 24 hours after Hair: Up to 90 days

Blood: no current data

**'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. Marquis, Mecke and Mandelin give a reaction.

## 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

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

## DESCRIPTION

DMT is a psychoactive chemical in the tryptamine family. It causes intense visuals and strong psychedelic mental effects when smoked, or when taken orally with a MAOI (monoamine oxidase inhibitor) such as harmine or harmaline. DMT exists naturally in every human being and throughout the plant and animal kingdoms. There are many indigenous cultures in South America whose traditional religious practices include the use of DMT in snuffs and ayahuasca, a DMT-infused brew. In Australia DMT is typically found as a white, yellow, pink or orange powder or crystal. This powder or crystal is also often infused in dried plant matter (typically caapi - a South American vine containing a MAOI) to create 'changa'.

## DURATION OF EFFECTS

Total duration: 3-20 minutes\*

Onset: 0-2 minute

Peak: 3-15 minutes

Coming down: 3-5 minutes

Hangover/after effects: 15-60 minutes

\*based on smoked/vaporised DMT. Taken with a MAOI, duration can be much longer.

## HALF LIFE

Even though the apparent effects of the drug wear off after 3-20 minutes, the drug is still active in your system for up to 20 minutes after you have taken it. Remember this if using other substances or redosing.

## EFFECTS



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

 LESS COMMON  RARE





### PHYSICAL

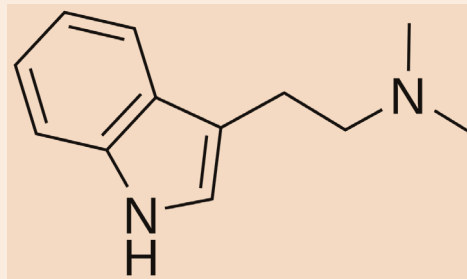
- Intense open eye and closed eye visuals
- Slight stomach discomfort
- Risk of clumsiness/falling
- Unusual body sensations (chills, goosebumps, tingling)
- Increased blood pressure
- Increased heart rate
- Lethargy (feeling heavy)

### EMOTIONAL

- Profound/Life changing spiritual experiences
- Feeling of oneness with the universe 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 - Temporary inability to communicate
- Distorted perception of time
- Confusion
-  Radical shift in perspective
-  Reduced connection to ego (ego death)
-  Difficulty integrating experiences
-  Paranoia



## 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 combinations with smoked DMT is limited though it is best to avoid using it in combination with any other substances. The DMT experience is a mind bending and often spiritual catapult into another dimension and as such DMT is not a great party drug.

### 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** - Stimulants increase anxiety levels and the risk of thought loops which can lead to negative experiences

SSRIs - may decrease the effects of DMT.

### LOW RISK

**Psychedelics** - may intensify psychedelic experience, longer peak and slower come down

**GHB/GBL** - may decrease the effects of DMT

**Alcohol** - may decrease the effects of DMT

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

Asthma

Chest infections

Anxiety

Psychotic disorders

Schizophrenia

Respiratory problems

Heart problems

### 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, e.g. slight changes in perception, though 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.