

Drug Information

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ICE

11/12/2017 23:58 by Admin

What is ice?

Crystal methamphetamine ('ice') is a stimulant drug, which means it speeds up the messages travelling between the brain and the body. It's stronger, more addictive and therefore has more harmful side effects than the powder form of methamphetamine known as [speed](#).¹

Ice usually comes as small chunky clear crystals that look like ice. It can also come as white or brownish crystal-like powder with a strong smell and bitter taste.¹ Other names

Crystal meth, shabu, crystal, glass, shard, P.2 How is it used?

Ice is generally smoked or injected and the effects can be felt in 3 to 7 seconds. It is sometimes swallowed (15 to 30 minutes to feel the effects) or snorted (3 to 5 minutes to feel the effects).³ Effects of ice

There is no safe level of drug use. Use of any drug always carries some risk. It's important to be careful when taking any type of drug.

The effects of ice can last for around 6 hours, but it might be hard to sleep for a few days after using the drug.

Ice affects everyone differently, but effects may include: Feelings of pleasure and confidence Increased alertness and energy Repeating simple things like itching and scratching Enlarged pupils and dry mouth Teeth grinding and excessive sweating Fast heart rate and breathing Reduced appetite Increased sex drive^{3,4,5}

Injecting ice and sharing needles can increase the risk of: Hepatitis B Hepatitis C HIV and AIDS

Snorting ice can damage the nasal passage and cause nose bleeds. Overdose

If you take a large amount or have a strong batch, you could overdose. If you have any of the symptoms below, call an ambulance straight away by dialling triple zero (000). Ambulance officers don't need to involve the police. Racing heartbeat and chest pain Breathing problems Fits or uncontrolled jerking Extreme agitation, confusion, clumsiness Sudden, severe headache Unconsciousness Stroke, heart attack or death