

THE HIGH—WAY CODE

THE GUIDE TO SAFER, MORE ENJOYABLE DRUG USE



GLOBAL DRUG SURVEY

INTRODUCING THE GDS HIGH-WAY CODE

GDS knows pleasure drives drug use, not the avoidance of harm. As far as we know no guide has ever outlined the impact of harm reduction strategies on the pleasure users obtain from drugs... until now...



GLOBAL DRUG SURVEY

Ours is a simple premise: as with driving, there are things you need to know and 'rules' you should observe in order to get you to your destination safely. Being aware of these makes you much more likely to get to your planned destination in one piece and much less likely to cause harm to anyone around you.

Please share these findings, they really are important.



THE HIGH—WAY CODE



WHAT IS IT?

The first guide to safer drug use voted for by people who take drugs.

HOW WAS IT WAS DEVELOPED?

GDS asked loads of people who take drugs, as well as other experts, what strategies they thought would reduce the risk of harm when taking some commonly used drugs. As part of GDS2014, we asked people from around the world who had used those drugs in the last year to vote on these strategies. For each strategy we asked:

1. if they usually (i.e. more than 50% of the time) did it
2. to rate how important it is in reducing the risk of harm (10 being the max reduction of risk)
3. to tell us whether using that strategy increased, decreased or had no effect on the pleasure they got from the drug.

WHO DEVELOPED IT?

The guys and gals at Global Drug Survey—a nice bunch of smart people who know a bit about drugs and, with people's help everywhere, will continue to learn more and share what they find out.

ANYTHING ELSE?

Yep follow us on twitter @globaldrusurv
@drugsmeter, like us on Facebook and check out our free apps the drinks meter (www.drinksmeter.com and the app stores) and the drugs meter (www.drugsmeter.com and google play store)

For more interesting info on drugs check out our drugs meter minutes videos on the Global Drug Survey YouTube channel. For suggestions on how to improve GDS, email: adam@globaldrugsurvey.com

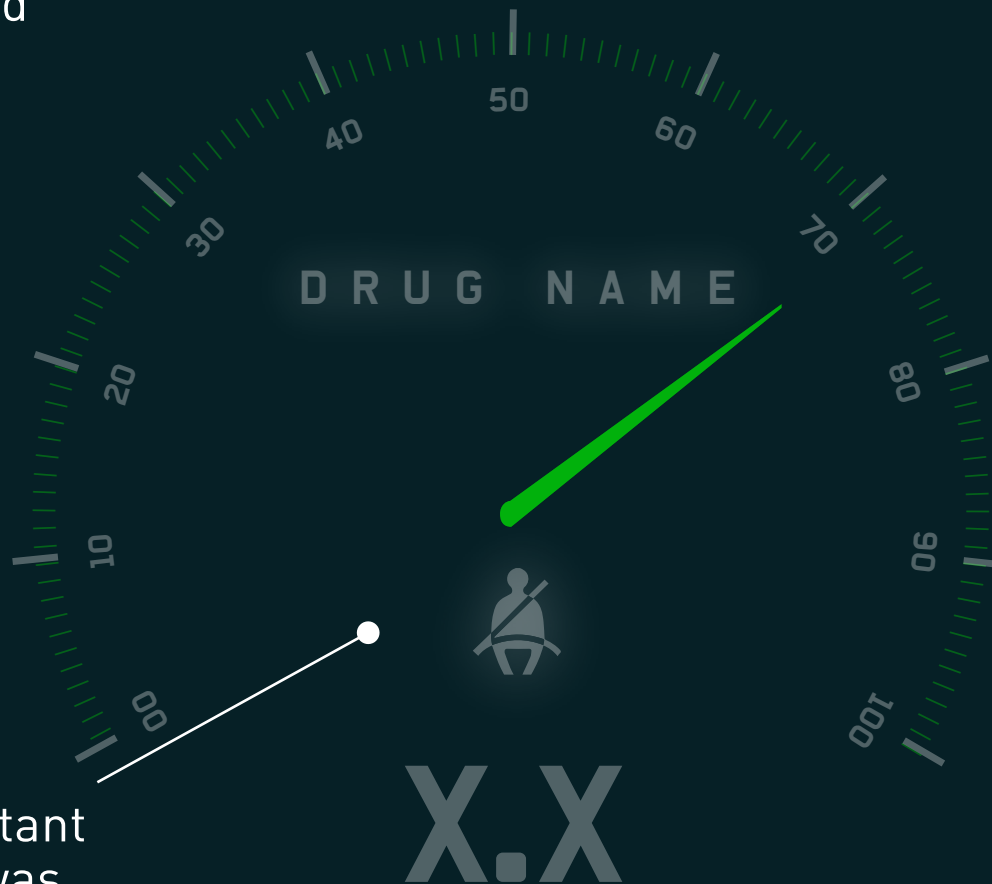
HOW TO READ THE HIGH-WAY CODE

This number indicates the percentage of people who told GDS they usually follow the strategy.



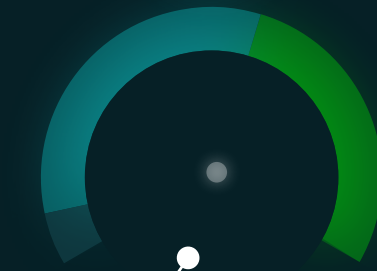
Users who usually do

This dial tells you how important users thought this strategy was in reducing the risk of harm.



Reducing risk from 0–10

X.X% XX.X% XX.X%



Pleasure impact rated by users

Here you can check how many users thought this strategy increased, decreased or didn't affect their pleasure.



KNOW YOUR DRUG EFFECT, THE DOSE, TIME TO ONSET, TIME TO PEAK AND HOW LONG IT LASTS



All drug effects are dose related. Usually the more drugs you take the stronger and longer lasting the effects (and the greater the risk of harm). Because drug purity and potency varies so much you need to treat every new batch as a new drug. This means 'test dosing' each new batch. Knowing how strong your drug is can help you titrate (adjust/measure) how much you take so hopefully you get the effect you want and avoid overdosing. By knowing how long it takes for a drug to come on and how long it lasts, you reduce your risk of taking too much. People also vary widely in how they respond to drugs and how much they need to take. Everyone has to find their own 'right dose'. Not all drugs suit all people so if you get anxious or paranoid on a drug don't use it. Remember being greedy is not good for you. Less is more. Don't ever be worried about calling for an ambulance if you're worried about the state of a mate.

GDS does not condone or promote the use of illegal drugs. GDS does promote the use of common sense when going about one's daily activities. Drugs and alcohol can be very dangerous. They can kill you. Using drugs when you are young can have a lasting negative impact on your cognitive and emotional well-being. The only way to avoid to these harms is not to take drugs. This document represents the views of those who responded to the GDS. Please note: no amount of planning and care can ensure you will have either a safe or enjoyable experience when you take drugs. GDS is simply reporting the results of the survey which may provide some guidance in reducing the risk of harm only. The best way to avoid drug related harm is to not use drugs.

(ALCOHOL)

ALCOHOL

OVER 70,000 USERS

Other than drink less, don't mix your drinks (especially brown spirits and red wine) and don't take loads of stimulant drugs (or caffeinated energy drinks) when you drink, there were not many other strategies we could ask about.

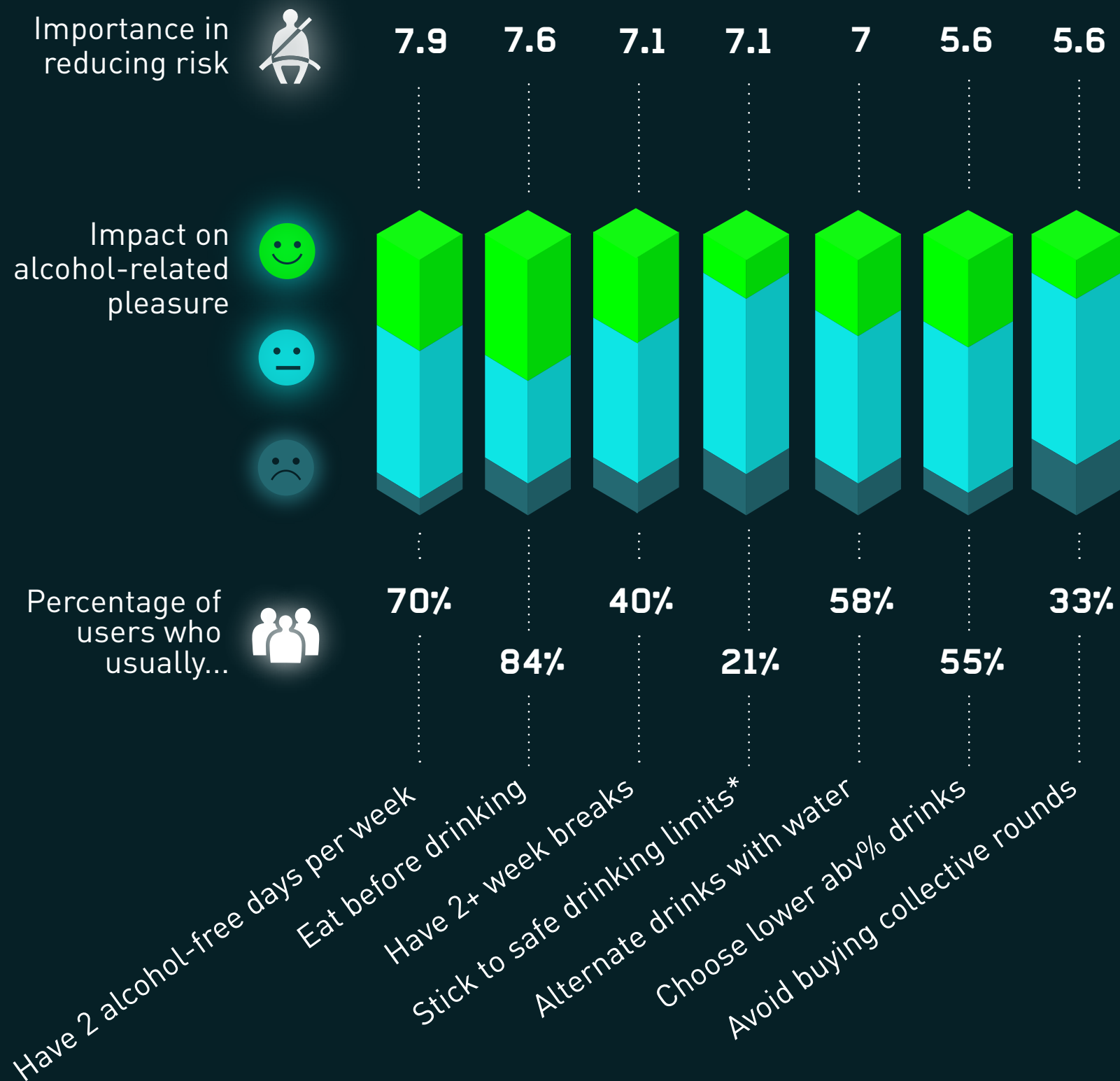
We will also give you an idea of the World Health Organisation's guidelines on safer drinking. GDS suggest you try the Drinks Meter (app stores and www.drinksmeter.com) which lets you compare your drinking to other people, tells you how many cheeseburgers you drank last week and also offers some useful cutting-down strategies.

Usual dose	20-40*	g	
Time to onset	15-30	min	<div></div>
Time to peak	1-2	hrs	<div></div>
Duration of action	3-6	hrs	<div></div>



*g of pure alcohol. Amount depends on the person and the drink

ALCOHOL



*One third of people were unsure what their country's safe drinking limits are.



1 | HAVE 2 ALCOHOL-FREE DAYS PER WEEK



1

**HAVE 2 ALCOHOL-FREE
DAYS PER WEEK**

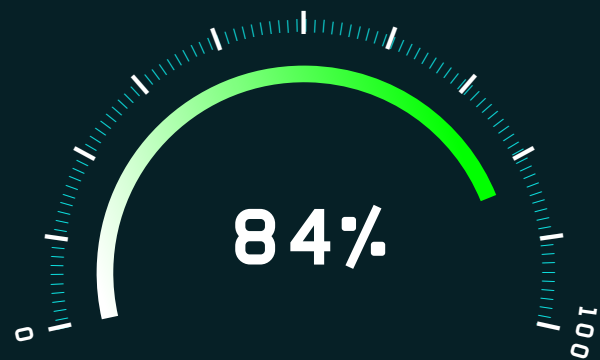
Have at least two alcohol free days per week

There are a number of reasons why you might do this. It gives your liver a rest, it gives your body a rest, and it saves you calories and money. Putting some boundaries down helps you develop a bit of self-control. Obviously, if you're drinking a bottle of wine the other 5 days of the week you are still going to run into serious alcohol-related harm.



2

EAT BEFORE DRINKING

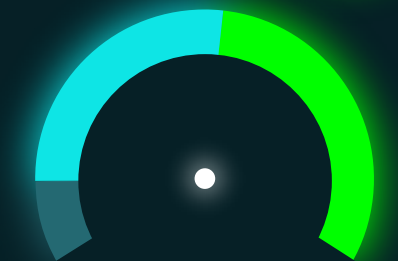
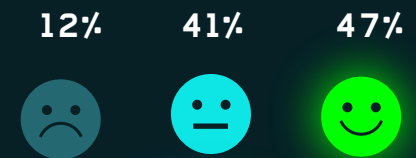


Users who usually do



7.6

Importance in reducing risk



Impact on
alcohol-related
pleasure



2

EAT BEFORE DRINKING

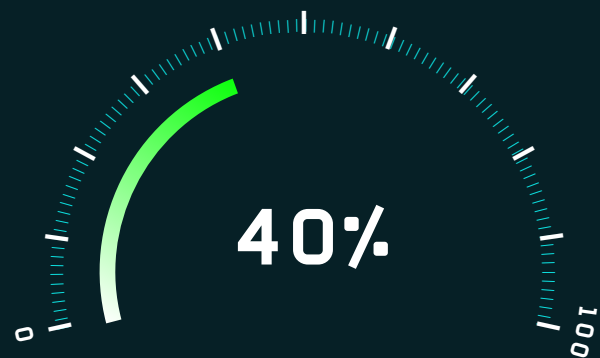
Make sure that you have food in your stomach before you start a drinking session

Having food on board will not protect you from the harm that a binge drinking session places you at. Food does not reduce alcohol absorption, but it does slow it down, meaning you will get drunk less quickly. Food will provide some lining to your stomach reducing the risk of gastritis and throwing up.



3

HAVE 2+ WEEK BREAKS

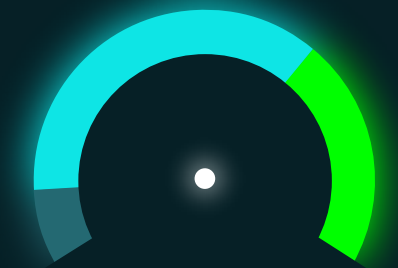


Users who usually do



7.1

Importance in reducing risk



Impact on
alcohol-related
pleasure



3

**HAVE BREAKS OF AT
LEAST 2 WEEKS SEVERAL
TIMES EVERY YEAR**

Give yourself complete breaks from drinking alcohol for at least 2 weeks each year especially after periods of heavier-than-normal drinking

Breaks from drinking can remind you that you don't have to drink to have fun. You might lose a bit of weight. It also give you a chance to see if your drinking is having any effect on your physical or mental health. If you stop and find that people are saying you look better and that you feel better, then that might be worth taking note of.



4

STICK TO SAFE DRINKING LIMITS*



*One third of people were unsure what their country's safe drinking limits are.



4

STICK TO SAFE DRINKING LIMITS

Keep your drinking to within your country's recommended safer drinking limits

It seems many people either ignore these or are just not aware of them. Avoiding binge drinking is the most important thing to reduce the risk of acute harm, while regular excessive consumption will damage your liver and other organs. People who end up in Emergency Rooms, regretting the night before, sleeping with someone they wish they had not, or getting into fights or arguments have almost always been drinking loads and been stupidly drunk.



ALCOHOL GUIDELINES

Most Governments and the World Health Organization (WHO) have guidelines that set out the recommended upper limits of daily and weekly alcohol consumption. Many stress that these are not safe drinking guidelines, just limits that if followed, are associated with a lower risk of longer term alcohol related harm. Because there is no standard alcohol unit (it varies from 8 g of pure alcohol in the UK to 20 g in Japan), what we will give you below is an average of the world's drinking guidelines.

1 UNIT =
10 g of alcohol

 /  / 

330ml can of 4% beer / 100ml of 12.5% wine / 35ml of 37.5% spirit

	Average daily max (range)	Average weekly max (range)	What's a binge	Alcohol free days X week
MALE*	2 – 3 units	10 – 15 units	6 units	2 days
FEMALE*	1 – 2 units	5 – 10 units	4 units	2 days



* National guidelines do vary so we recommend you check your own country's drinking guidelines.

SO HOW MANY UNITS IN YOUR DRINK?

To work out the number of standard drinks/units (standard drink = 10 g pure alcohol) in what you're drinking use this formula:

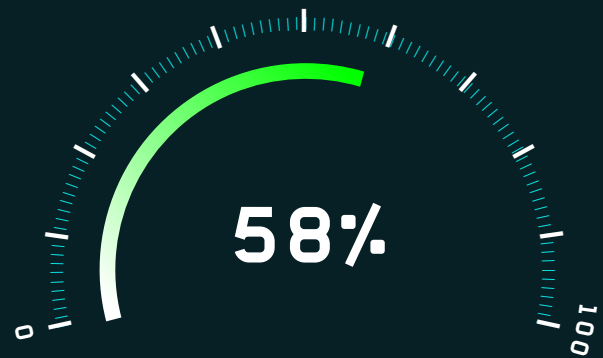
$$\begin{array}{ccccc} \text{LITRES} & & \text{X} & & \text{ABV\%} & & \text{X} & & 0.789 \\ \text{(AMOUNT OF DRINK IN LITRES)} & & & & \text{(PERCENT BY VOLUME OF ALCOHOL)} & & & & \text{(DENSITY OF ETHANOL AT ROOM TEMPERATURE)} \\ & & & & = & & & & \\ & & & & \text{UNITS IN YOUR DRINK} & & & & \end{array}$$

- No safe drinking limits for those under 18-years-old. In many countries it is illegal to purchase alcohol (age range 16–21 years).
- Women who are pregnant or who are trying to get pregnant are advised to avoid drinking alcohol; if they do choose to drink, they should not drink more than 1–2 units of alcohol once or twice a week and should not get drunk.



5

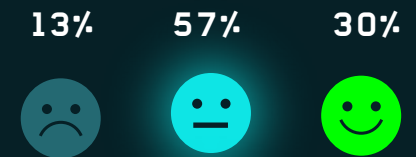
ALTERNATE ALCOHOLIC DRINKS WITH WATER



Users who usually do



Importance in reducing risk



Impact on alcohol-related pleasure



5

ALTERNATE ALCOHOLIC DRINKS WITH WATER

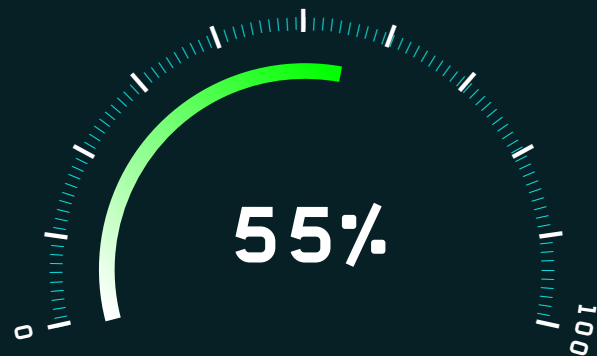
Alternate water or
non-alcoholic drinks
with alcoholic drinks

Reduces dehydration (which is one of the major things that cause hangovers) and slows your alcohol consumption down. It can also make your drinks and your money go further.



6

CHOOSE LOW ABV% DRINKS

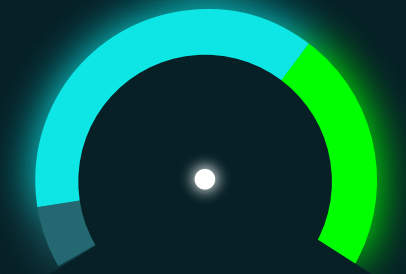


Users who usually do



5.9

Importance in reducing risk



Impact on
alcohol-related
pleasure



6

CHOOSE LOWER ALCOHOL CONTENT BEVERAGES

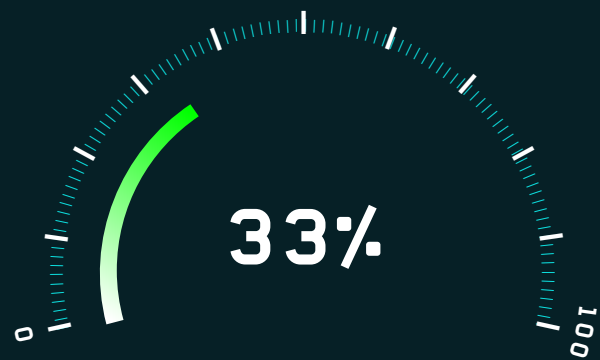
Choose beers / ciders /
wines / spirits with
lower levels of alcohol
by volume (%ABV)

Choosing lower ABV drinks allows you to stay drinking over the course of a session without getting drunk very quickly. Lower ABV drinks can also help reduce your overall alcohol and calorie intake, lower the risk of a hangover and in some countries will be cheaper than higher ABV drinks.



7

AVOID BUYING COLLECTIVE ROUNDS



Users who usually do



5.6

Importance in reducing risk



Impact on
alcohol-related
pleasure



7

AVOID BUYING ALCOHOLIC DRINKS AS PART OF ROUNDS

i.e. a collection of friends who take it in turns to buy drinks for the whole group

Buying collective rounds can be expensive and means that you are drinking at another person's rate not your own. We know on special occasions rounds are attractive, but they should not be the norm.



(CANNABIS)

CANNABIS

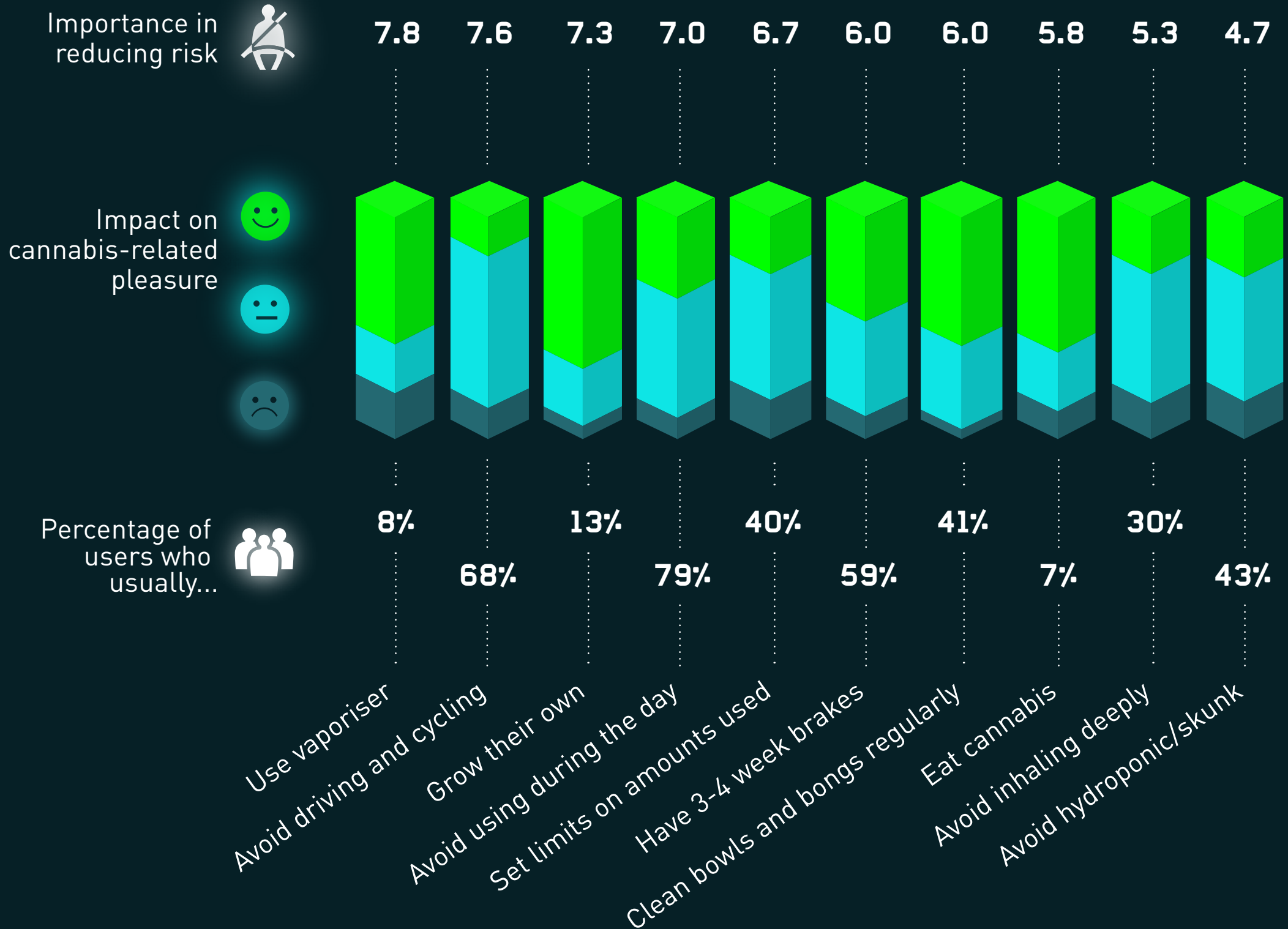
38,000 USERS

There are many forms of cannabis. Regardless of whether you use herbal, oil or resin the things that increase the risks of harm most are smoking and mixing with tobacco. Work done by GDS suggests that most people would prefer a stronger but more balanced weed than the high THC potency forms that seem to dominate the market.

Usual dose	50-250	mg	
Time to onset	2-10	min	<div></div>
Time to peak	20-60	min	<div></div>
Duration of action	2-8	hrs	<div></div>



CANNABIS



1*

DON'T MIX WITH TOBACCO



*as ranked by GDS panel of experts on cannabis and tobacco



1*

DON'T MIX WITH TOBACCO

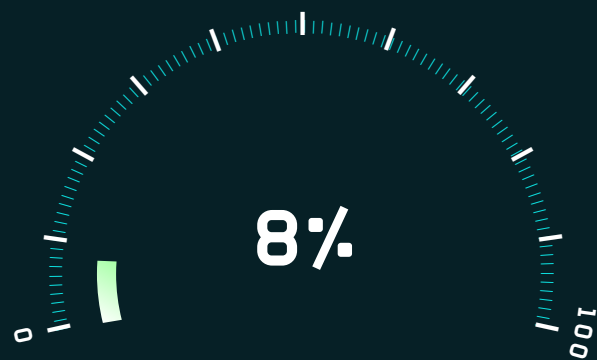
Do not mix tobacco with
your cannabis

Smoking cannabis and tobacco together results in greater health risks than smoking either alone. Both cannabis and tobacco smoke cause respiratory problems and can increase the risk of cancer. Not mixing cannabis with tobacco reduces the risk to your health. Importantly, it also reduces your chances of becoming a regular tobacco smoker.



1

USE VAPORISER

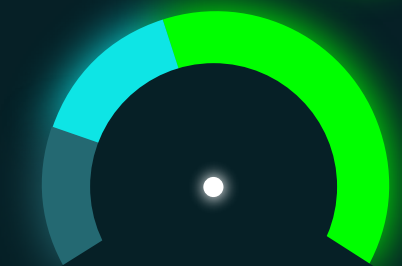
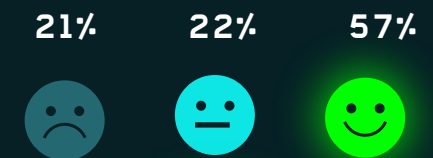


Users who usually do



8.0

Importance in reducing risk



Impact on
cannabis-related
pleasure



1

USE VAPORISER

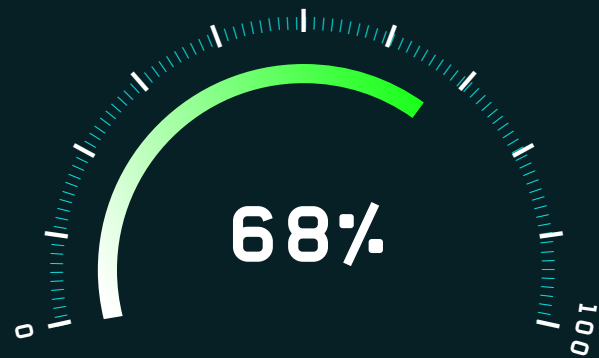
Use a vaporiser instead of smoking

Smoking cannabis is the most dangerous way of using it. Burning cannabis is the thing that releases tar and cancer causing chemicals. Unlike a joint or bong, a vaporiser heats cannabis to below its combustion temperature to produce a vapour. This means that the THC is released but the smoke containing tar and toxins is significantly reduced. Whilst the evidence is not conclusive, it is likely that vaporisers reduce the risk to your lungs. It is also likely that some types of vaporisers are better than others in protecting your health.



2

AVOID DRIVING AND CYCLING



Users who usually do



Importance in reducing risk



Impact on
cannabis-related
pleasure



2

AVOID DRIVING AND CYCLING

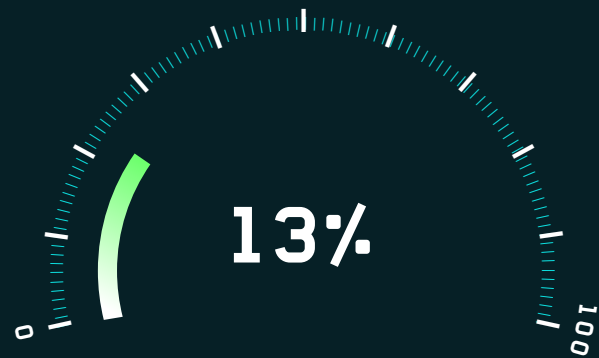
Avoid driving or cycling when you have used cannabis

Cannabis affects perception, concentration, coordination and short-term memory amongst other things. Although many people who drive when they are stoned know they are stoned so drive more slowly, your reaction time and ability to respond to emergency situations is impaired. Research suggests that you're twice as likely to have a fatal road accident when you drive stoned. It's also against the law in most countries. Cycling might not be much safer. Hangover effects can last for 8–12 hours. Walk or take a bus and burn off the 'munchie' calories!



3

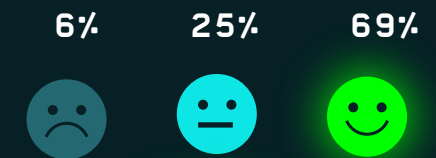
GROW YOUR OWN



Users who usually do



Importance in reducing risk



Impact on
cannabis-related
pleasure



3

GROW YOUR OWN

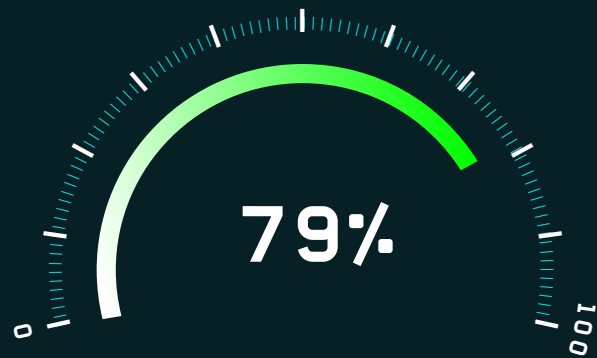
See cannabis that you have grown yourself

Growing your own cannabis means you avoid dealers, you can grow strains that suit your tastes and you know what you are smoking as well as learn a bit about gardening. BUT please remember growing your own cannabis is often against the law so know your local regulations.



4

AVOID USING DURING THE DAY

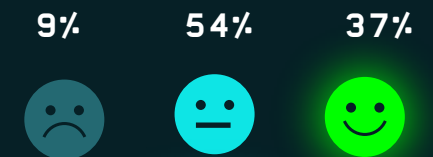


Users who usually do



7.0

Importance in reducing risk



Impact on
cannabis-related
pleasure



4

AVOID USING DURING THE DAY

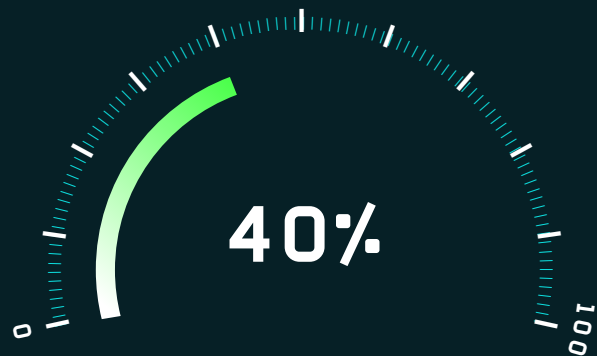
Avoid using cannabis during the day/work hours on a day that you use

The cannabis joint that gets you most stoned is the first one of the day. Using first thing in the morning leads to the development of tolerance throughout the day and increases the risk of dependence. Leave your days free from cannabis—you'll get more stuff done and get stoned on less cannabis in the evenings.



5

SET LIMITS ON AMOUNT USED

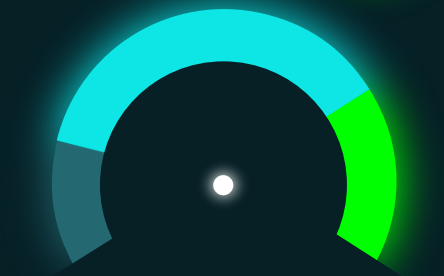
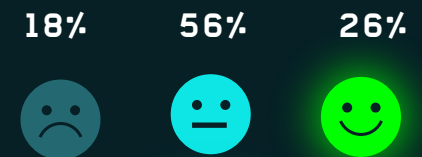


Users who usually do



6.7

Importance in reducing risk



Impact on
cannabis-related
pleasure



5

SET LIMITS ON AMOUNT USED

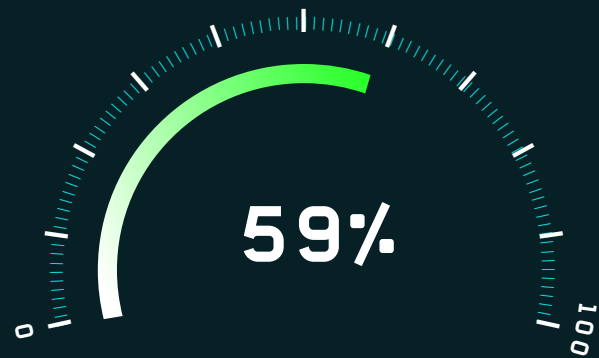
Set limits for how much you will use per day or per week

Since most drug related harms are dose related setting a limit for how much you use might help keep your use under control and reduce your risk of developing tolerance and other cannabis related harms. It also means you might get other stuff done. Don't buy more than you need thinking you will save some for tomorrow—you probably won't. The more you break up the pattern of use the easier it is to control your use of cannabis and reduce the risks.



6

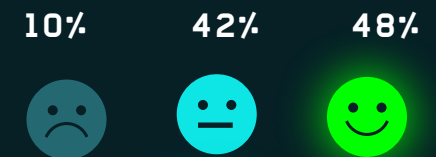
HAVE 3-4 WEEK BREAKS



Users who usually do



Importance in reducing risk



Impact on
cannabis-related
pleasure



6

HAVE 3–4 WEEK BREAKS

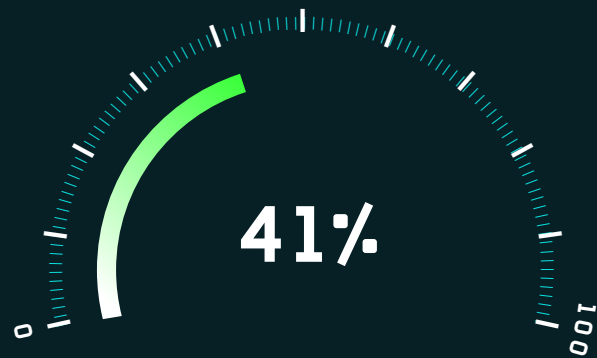
Have breaks from using cannabis of at least 3–4 weeks duration several times during the year

Smoking cannabis every day may cause you problems in different areas of your life and the negative effects can begin to outweigh the reasons you started to smoke cannabis in the first place. Having breaks from cannabis can remind you what you miss and feel if you're stoned all the time. It gives your brain and lungs a break. Your tolerance falls and you get to do loads of things not stoned which might be a good thing (or even necessary) especially if you have exams or loads to sort out in your life. Some people experience unpleasant effects when they use cannabis, such as anxiety, panic attacks or paranoia. Usually these symptoms stop once the cannabis has worn off. If you experience these symptoms more than a couple of times, you should think about not using cannabis. If you have a mental health problem, cannabis can make your condition worse.



7

CLEAN BOWLS AND BONGS REGULARLY

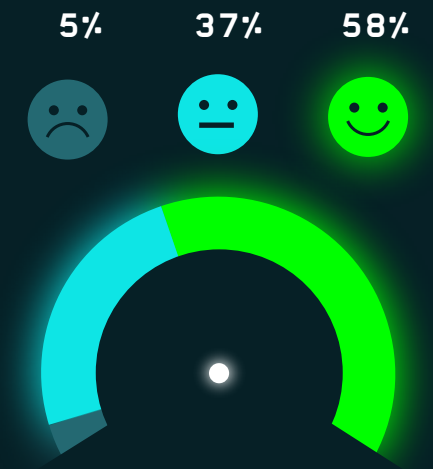


Users who usually do



6.0

Importance in reducing risk



Impact on
cannabis-related
pleasure



7

CLEAN BOWLS AND BONGS REGULARLY

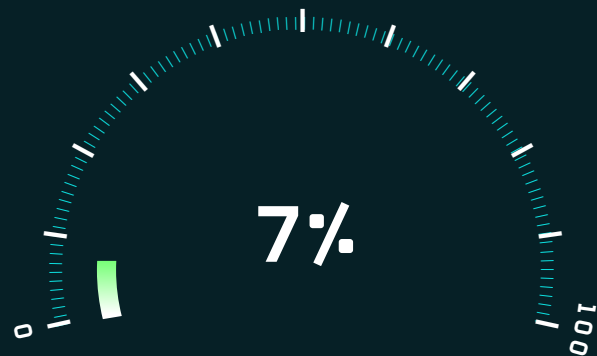
If you use a bong/water pipe make sure you clean out the water and bowl regularly between smoking sessions

Cleaning bongs and pipes and changing bong water will remove tar and other impurities from the surface that you will be breathing smoke through. Germs can hang around in pipes and bongs, which can infect you and your friends. Smoking through water is not a safer way of smoking. The least risky way to smoke cannabis is in a cigarette paper with no tobacco with a small roach (non-printed/matt card) or in a pipe.



8

EAT CANNABIS

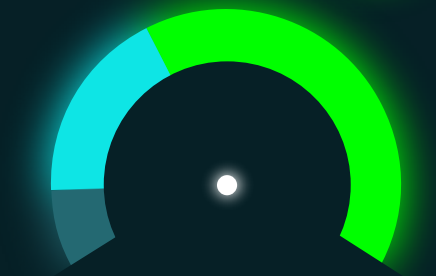
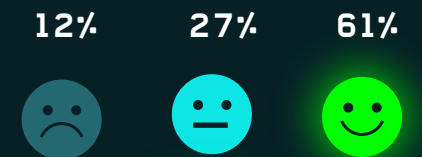


Users who usually do



5.8

Importance in reducing risk



Impact on
cannabis-related
pleasure



8

EAT CANNABIS

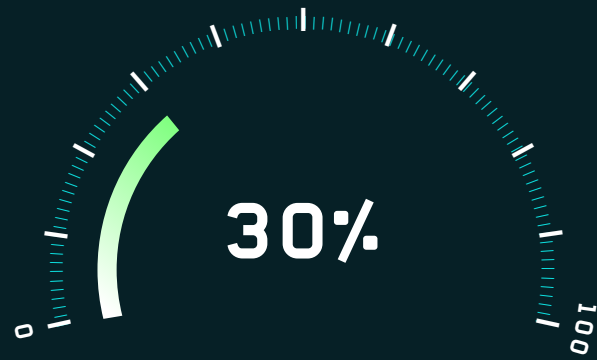
Eat your cannabis (e.g. in baked goods or tea) instead of smoking it

Eating cannabis, either on its own, by cooking it or mixing it with food, or adding it to drinks, avoids damage to your lungs. The effects from eating cannabis last longer (up to 12 hours), can be more intense and are less controllable compared with smoking cannabis. When cannabis is eaten it can take at least an hour or two to feel the effects, so avoid eating more in one session. Be careful. And never give a cannabis cookie to someone without them knowing.



9

AVOID INHALING DEEPLY



Users who usually do



5.3

Importance in reducing risk



Impact on
cannabis-related
pleasure



9

AVOID INHALING DEEPLY

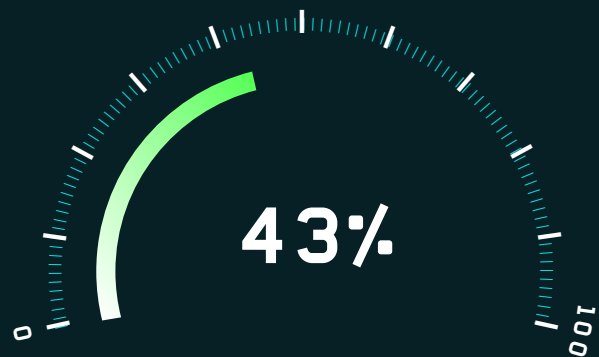
Avoid inhaling deeply and don't hold the smoke inside your lungs for more than a second or two

You don't need to inhale deeply to get stoned. All the 'good stuff' is absorbed in the upper airways in the first second or two. Holding your breath and sucking the smoke deep inside your lungs will just deposit more tar and nasty stuff deep in your lungs for very little extra gain.



10

AVOID HYDROPONIC/SKUNK



Users who usually do



4.7

Importance in reducing risk



Impact on
cannabis-related
pleasure



10

AVOID HYDROPONIC/SKUNK

Smoke outdoor/non-hydro cannabis (or resin/hash) instead of hydroponically grown cannabis (high potency/skunk)

It's tough to say what the safest form of cannabis is. GDS2014 found that users think resin/hashish is the most harmful type of cannabis for your lungs, while earlier work done as part of GDS2012 indicates that high potency weed is the one that causes most paranoia and memory loss. If your cannabis is stronger than usual, try to use less to get the desired effect and to minimize the unpleasant effects. Guess you work this one out for yourself.



(STIMULANTS)

STIMULANTS

(COCAINE, AMPHETAMINE
AND MEPHEDRONE)

OVER 17,000 USERS

GDS know these drugs are different but the basic risks and principles of safer use are the same. The Highway Code also assumes that people know that both injecting and smoking stimulant drugs are associated with greater risk of harm—related to the more intense effects of the drug and the complications associated with the route of use. Snorting and oral use can minimize these risks, lead to a longer (albeit less intense) effect and can make your drugs last longer.

See our drugs meter minute on cocaine and find out why it's been voted the worst value drug in the world two years running (GDS2013 and GDS2014): <https://www.youtube.com/watch?v=wy0anzl-WFs>



COCAINE & MEPHEDRONE

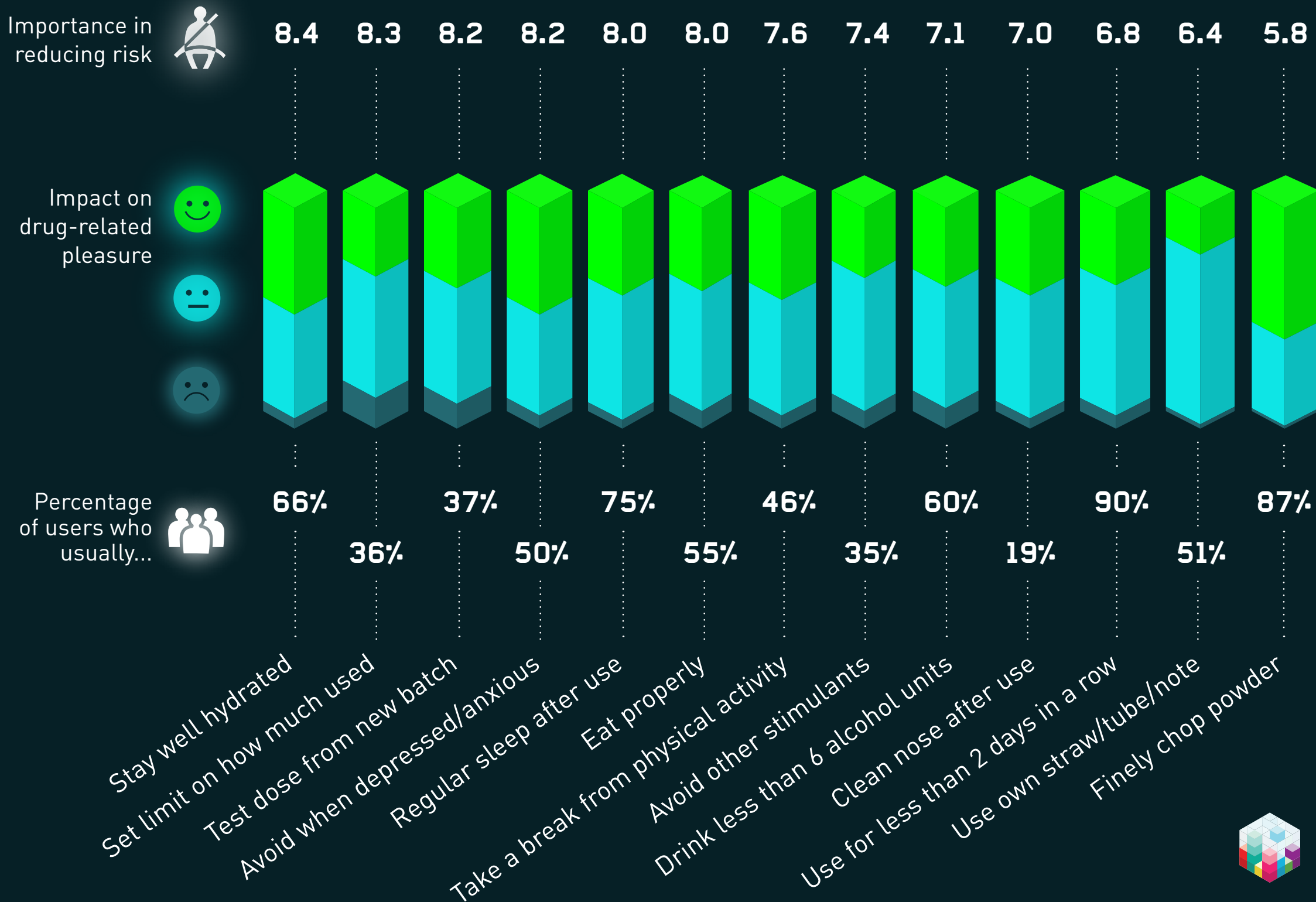
Usual dose	40–100	mg	(taken by snorting)
Time to onset	5–15	min	<div></div>
Time to peak	15–30	min	<div></div>
Duration of action	1–3	hrs	<div></div>

AMPHETAMINE

Doses, duration of the effect, time to onset and time to peak vary very widely depending on the type, purity and route of administration. Crystal meth lasts much longer than dexamphetamine. Injecting and smoking have quicker onsets of action with more intense highs. Remember to always test a small dose.

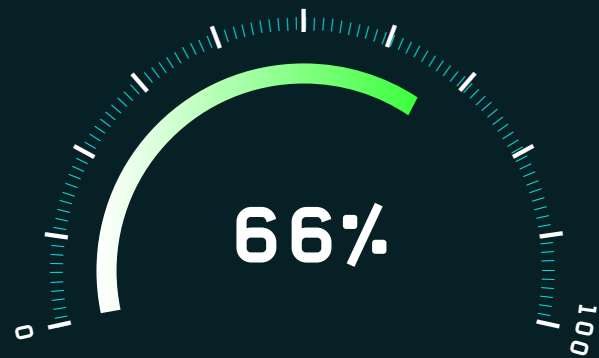


STIMULANTS



1

STAY WELL HYDRATED



Users who usually do



8.4

Importance in reducing risk



1

STAY WELL HYDRATED

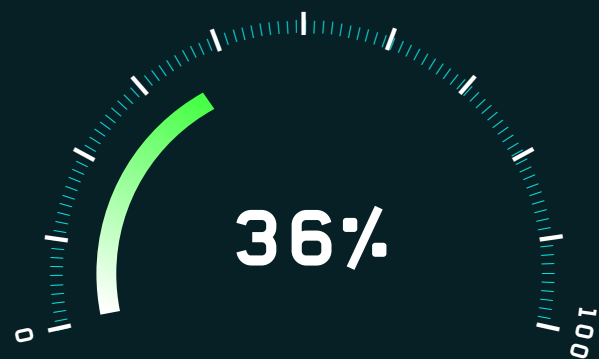
Stay well watered

If you dehydrate, your body loses the ability to sweat. If you can't sweat you lose one of the major ways to reduce your body's temperature. Together with taking a break from physical exertion and cooling off, drinking non-alcoholic/non energy drinks, this is one of the most important ways of reducing the predictable and avoidable serious risk of dehydrating and collapsing. Alcohol is a bad rehydration fluid because it is a diuretic (makes you pee). Drink lots of non-alcoholic fluids and be cool.



2

SET LIMIT ON AMOUNT USED



Users who usually do



8.3

Importance in reducing risk



2

SET LIMIT ON AMOUNT USED

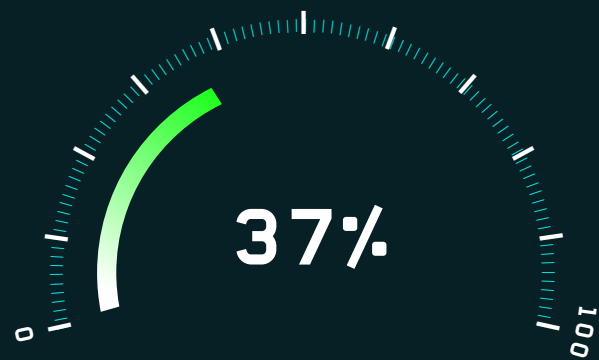
Common sense

Not using too much too often will avoid the development of tolerance and will give your brain a chance to recover between sessions so you can enjoy your drugs when you use them. Higher doses tend to cause more unwanted effects and the comedown is worse. It also costs more. Less is more, as they say.



3

TEST DOSE FROM NEW BATCH



Users who usually do



8.2

Importance in reducing risk



3

TEST DOSE FROM NEW BATCH

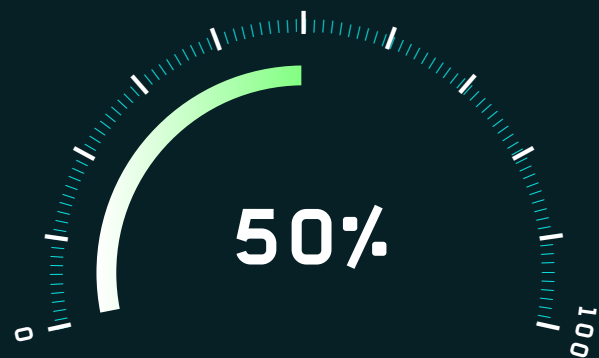
Drug purity varies

Drug purity varies—buyers beware! Because illicit preparations vary in potency and precise composition, you are safest checking each new batch by taking a small ‘test’ dose and waiting at least 30–60 minutes before re-dosing. Knowing how strong your drug is can help you titrate (adjust/measure) your doses so you hopefully get the effect you want and minimise the risks of harm.



4

AVOID WHEN DEPRESSED/ANXIOUS



Users who usually do



8.2

Importance in reducing risk



4

AVOID WHEN DEPRESSED/ANXIOUS

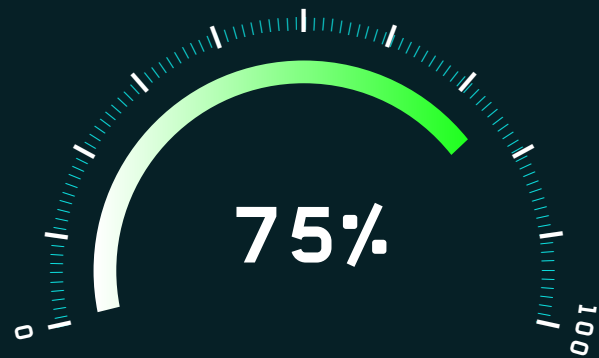
Set and setting—old school
drug law

Stimulant drugs will tend to worsen whatever state you are in when you take it. Depression is thought to be due to low levels of certain chemical transmitters in your brain. Taking a stimulant drug like crystal meth or cocaine that empties your brain cell of more chemical transmitters like serotonin and dopamine, will only make you more depressed. If you are on antidepressants, best avoid any stimulants drugs at all. Not only will the stimulant drugs work against the effects of the medication, your comedowns will be far worse.



5

REGULAR SLEEP AFTER USE

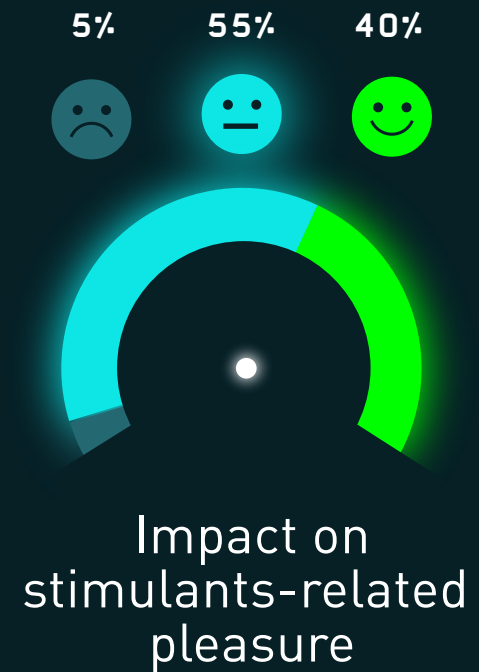


Users who usually do



8.0

Importance in reducing risk



5

REGULAR SLEEP AFTER USE

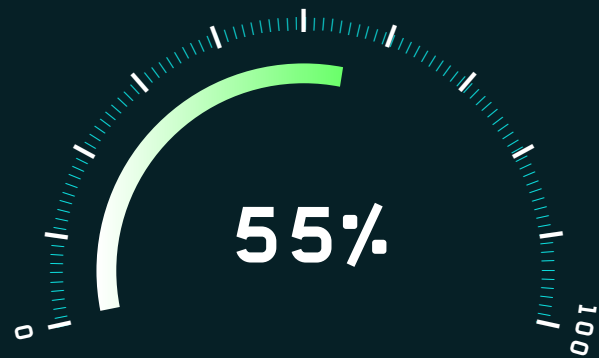
Sleep rests your brain

Sleep lets your brain catch up and process all the stuff that has been going on. Sleep gives your brain and body time to recover. Several days of not sleeping worsen your comedown and increase the risk of accidents at work, being unable to concentrate when you need to and delay your recovery to feeling back to you again.



6

EAT PROPERLY

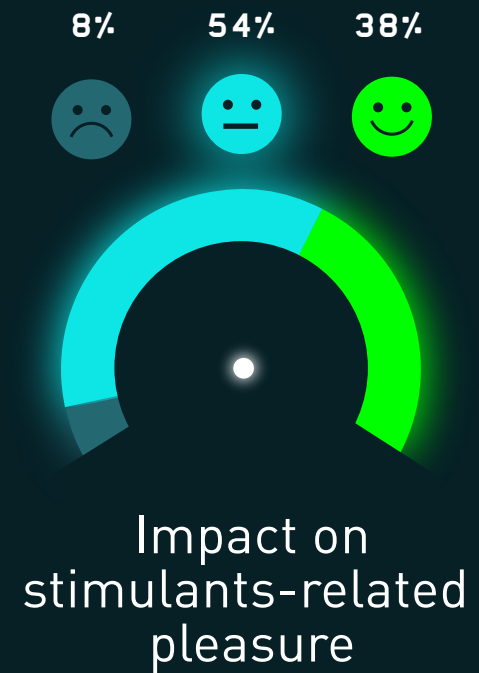


Users who usually do



8.0

Importance in reducing risk



6

EAT PROPERLY

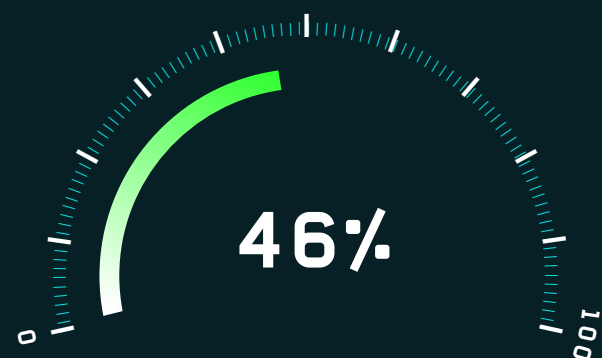
If you don't eat your drugs won't work (as well)

Food refills your body with the building blocks it needs to make the chemical transmitters your stimulant session has just emptied. Bananas, chocolate, kiwi fruit, nuts, honey, marmite, turkey, multivitamins, milk or juice are all good recovery foods.



7

TAKE A BREAK FROM PHYSICAL ACTIVITY



Users who usually do



7.6

Importance in reducing risk



7

TAKE A BREAK FROM PHYSICAL ACTIVITY

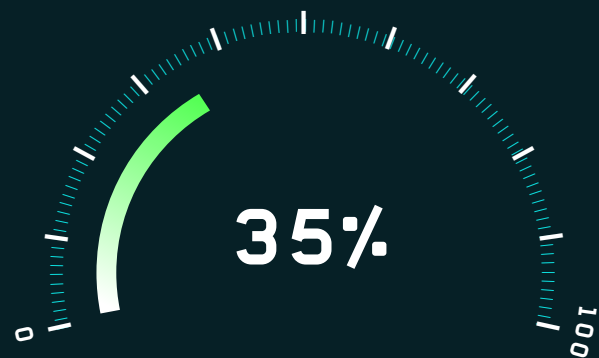
Chill out

One of the most avoidable risks from stimulant drugs is overheating and dehydration. Stimulant drugs raise your pulse, blood pressure and body temperature. Combined with increased levels of physical exertion, such as dancing, this can lead to dangerous increases in your body temperature, especially in hot environments. Night clubs can be hot places and dance floors often have the worst ventilation. Taking a break from dancing and getting off the dance floor for 10 minutes every hour or 2 can help you avoid overheating.



8

AVOID OTHER STIMULANTS



Users who usually do



7.4

Importance in reducing risk



8

AVOID OTHER STIMULANTS

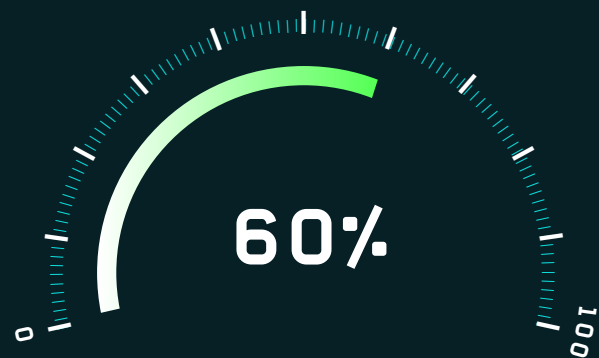
Not enough brain juice
to go round

All stimulant drugs work the same way. They all cause the release of chemical transmitters such as dopamine and serotonin. Since they are pulling from the same source using more than one will lead to more rapid depletion. Combined use also seems to lead to increased risk of unwanted stimulant effects such as palpitations, panic and aggression. Oddly many users say cocaine reduces the buzz from MDMA—which is probably why most users avoid cocaine with MDMA.



9

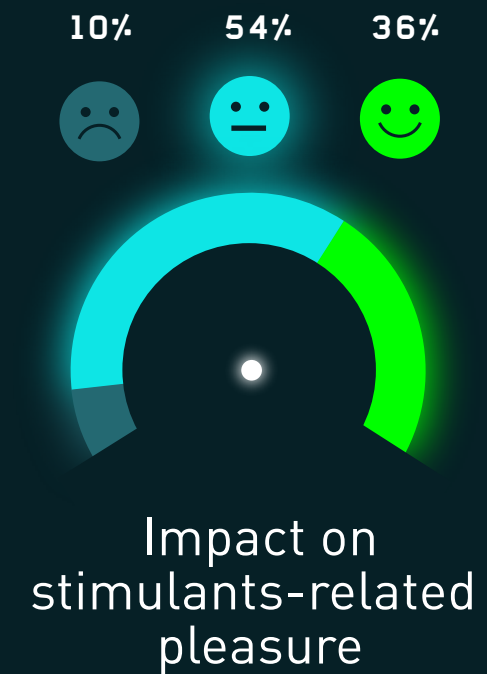
DRINK LESS THAN 6 ALCOHOL UNITS



Users who usually do



Importance in reducing risk



9

**DRINK LESS
THAN 6 ALCOHOL
UNITS**

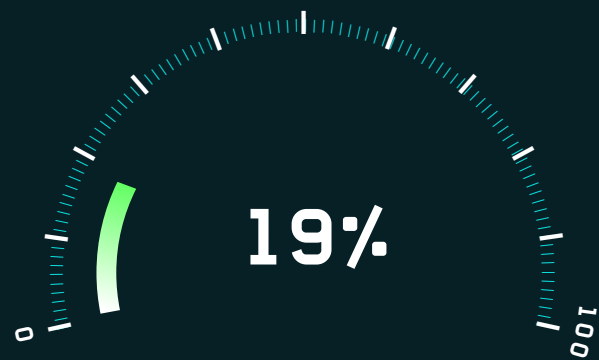
Alcohol dehydrates you

Alcohol dehydrates you and increases your risk of overheating, heart problems, memory loss and violence. Stimulant drugs tend to offset some of the desirable effects of alcohol, so you're kind of wasting your money if you drink loads. Drinking lots of alcohol when you have used a stimulant drugs tends to increase your consumption of both substances so the night is more expensive. And mixing cocaine with alcohol creates something called cocaethylene which is particularly bad for your heart.



10

CLEAN NOSE AFTER USE

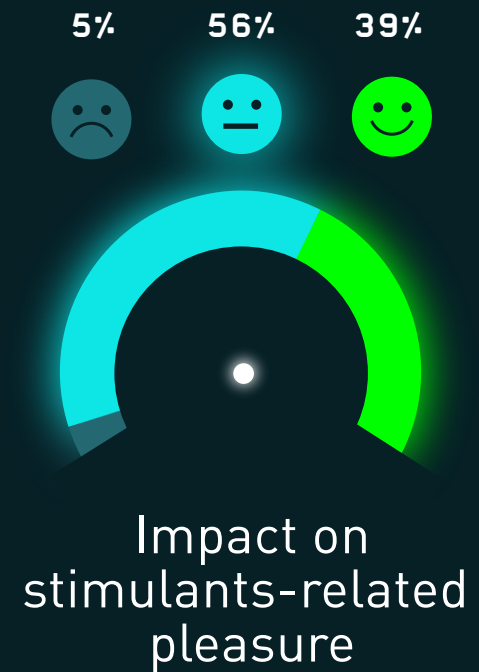


Users who usually do



7.0

Importance in reducing risk



10

CLEAN NOSE AFTER USE

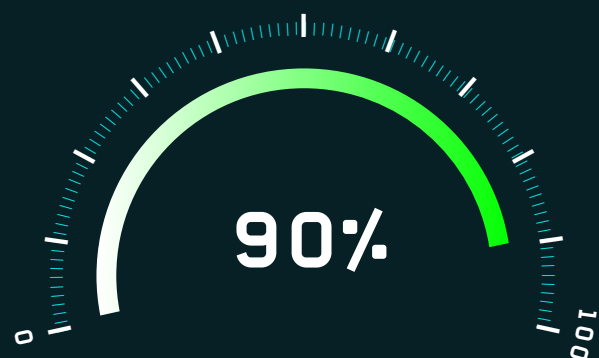
Look after your nose

Nasal douches have been used for centuries in countries like India. Using dilute salt water or sodium bicarbonate, they are thought to help keep your nasal passages clear. Douches are advised before and after a session. Alternating nostril might be useful as well. Don't use douches if you have sinusitis because they can spread infection. A bit of Vaseline or Vitamin E oil on your nose after a session can keep it looking nice and nosey.



11

USE FOR LESS THAN 2 DAYS IN A ROW



Users who usually do



6.8

Importance in reducing risk



11

USE FOR LESS THAN 2 DAYS IN A ROW

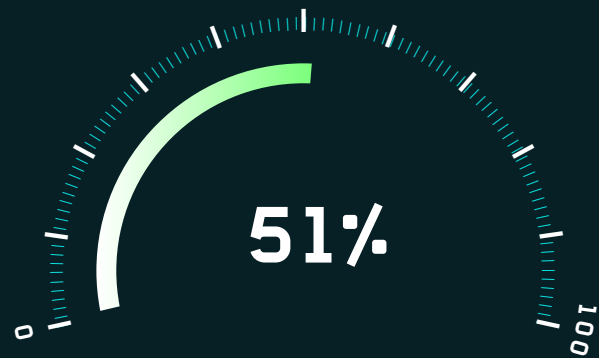
A weekend is just 2 days long

People can build up tolerance to the effects of stimulant drugs very quickly. After more than a day or 2 you've probably emptied your brain of most of the neurotransmitters you need to get a good high. Continuing to use just leads to less of a buzz and more unwanted effects. Going more than a night without sleep will also delay your recovery. Having enough control to limit your use also means that the working week stays protected (though comedowns can intrude of course).



12

USE OWN STRAW/TUBE/NOTE

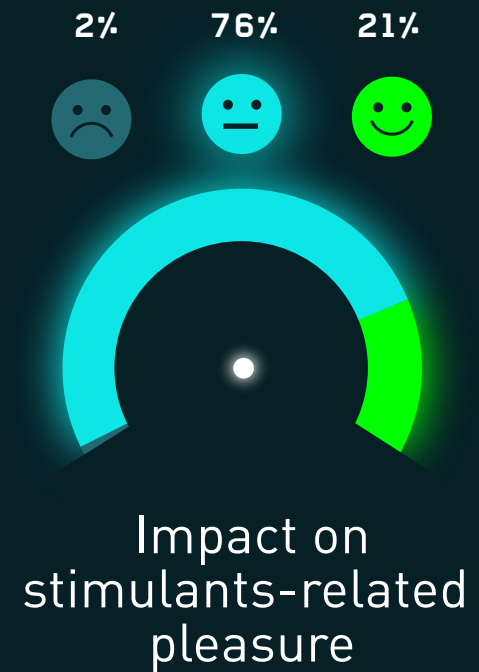


Users who usually do



6.4

Importance in reducing risk



12

USE OWN STRAW/ TUBE/NOTE

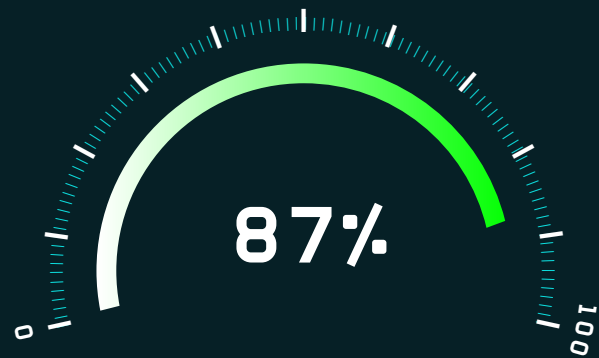
You might share more than snot!

Snorting crystalline white powders can damage the lining of your nose. Sometimes that leads to nose bleeds. Sharing straws with others runs the risk of transmitting blood borne viruses like hepatitis C. So use your own straw and avoid exposure to viruses. Avoid bank notes because they are dirty, can transmit other infections and might not be too clever if you got searched by the police.



13

FINELY CHOP POWDER

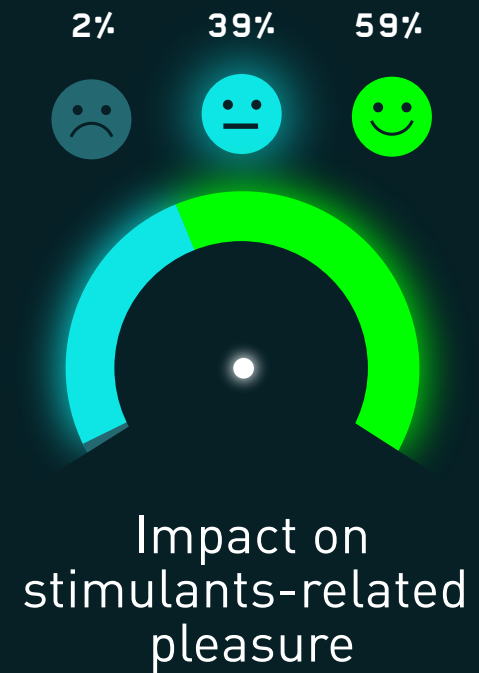


Users who usually do



5.8

Importance in reducing risk



Impact on
stimulants-related
pleasure



13

FINELY CHOP POWDER

Finer powders go further (maybe).

Finer powders go further (maybe). Grinding up/chopping up your stimulant drugs very finely can allow better connection with the nasal lining, better dose management, easier snorting action, reduced waste and nasal damage. It might make your drugs last longer. Many people seem to think this is an important strategy. GDS is not too sure of the evidence or whether you really do your nose less damage- but hey-ho this is what thousands of people told us.



(MDMA)

MDMA

OVER 18,000 USERS

MDMA comes as pills/tablets or crystal (powder). According to GDS2012 most people seem to prefer crystal MDMA to tablets because it is easier to titrate the dose. The variations and uncertainty about what's in your tablet or powder remain, however, regardless of preparation. Crystal MDMA can visually be almost identical to methylone or crystal methamphetamine.

See our drugs meter minute of MDMA pills and powders at:
<http://youtu.be/GzQzdE4qE4w>

Usual dose	80-100	mg	
Time to onset	30-60	min	<div><div></div><div></div></div>
Time to peak	2-3	hrs	<div><div></div><div></div><div></div><div></div><div></div><div></div></div>
Duration of action	6-8	hrs	<div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div></div>



MDMA

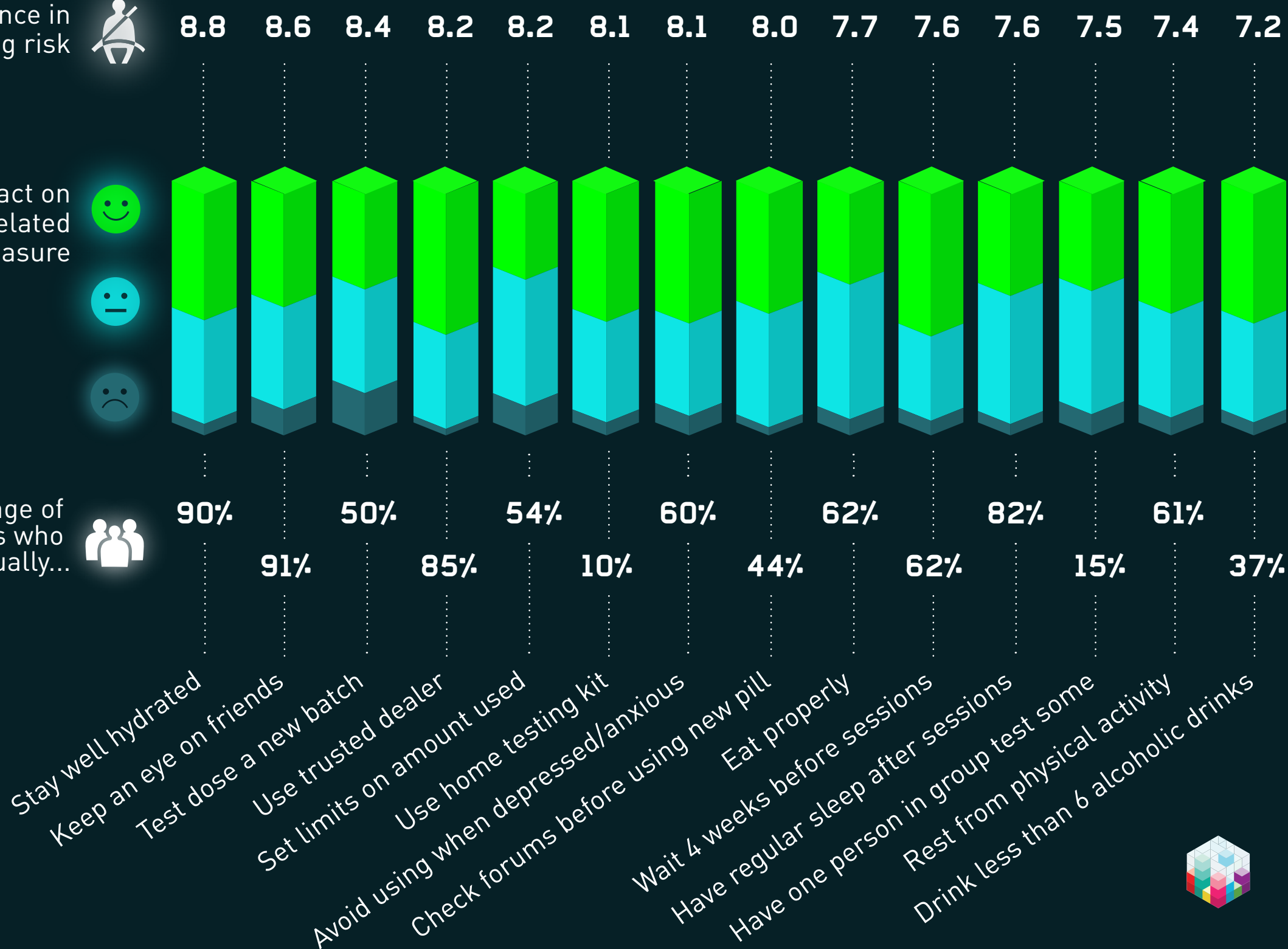
Importance in
reducing risk



Impact on
MDMA-related
pleasure

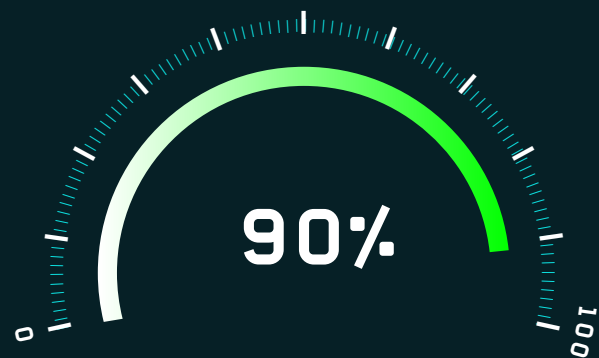


Percentage of
users who
usually...



1

STAY WELL HYDRATED

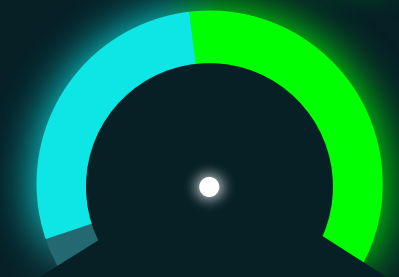
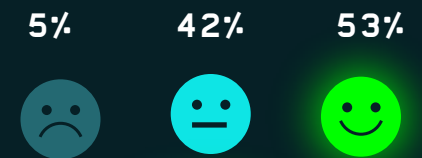


Users who usually do



8.8

Importance in reducing risk



Impact on
MDMA-related
pleasure



1

STAY WELL HYDRATED BY DRINKING NON-ALCOHOLIC DRINKS

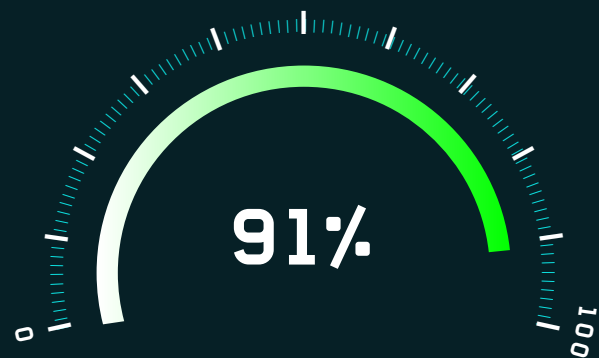
Make sure that you stay well hydrated by drinking lots of water and other non-alcoholic drinks through the course of an MDMA session

Stay well watered. If you dehydrate, your body loses the ability to sweat. If you can't sweat, then you lose one of the major ways to reduce your body's temperature. Together with taking a break from physical exertion and cooling off, drinking non-alcoholic/non energy drinks is one of the most important ways of reducing the predictable and avoidable serious risk of dehydrating and collapsing. Alcohol is a bad rehydration fluid because it is a diuretic (i.e. makes you pee), so it actually makes you lose water. Drink lots of non-alcoholic fluids and stay cool. Listen to your body and drink when you feel thirsty (about 0.5litre/hr).

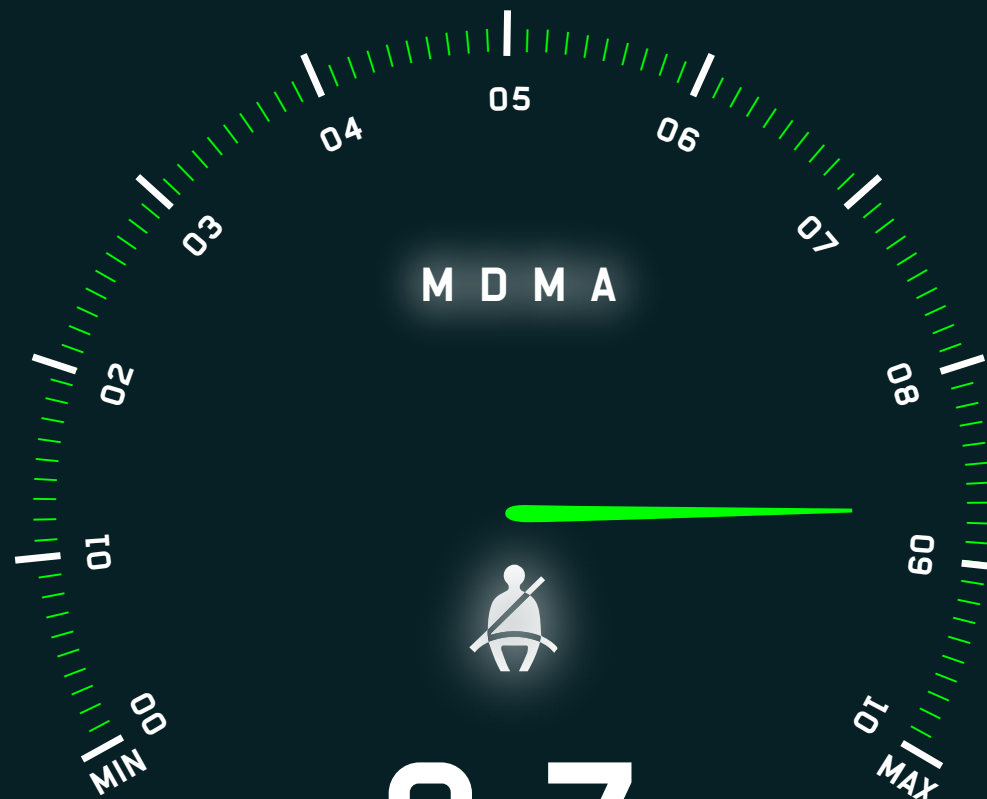


2

KEEP AN EYE ON FRIENDS

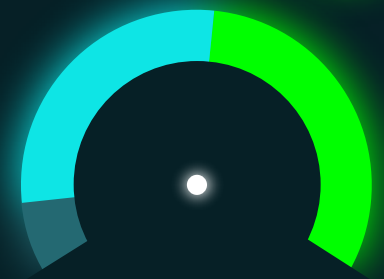
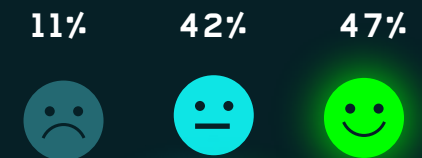


Users who usually do



8.7

Importance in reducing risk



Impact on
MDMA-related
pleasure



2

KEEP AN EYE ON FRIENDS

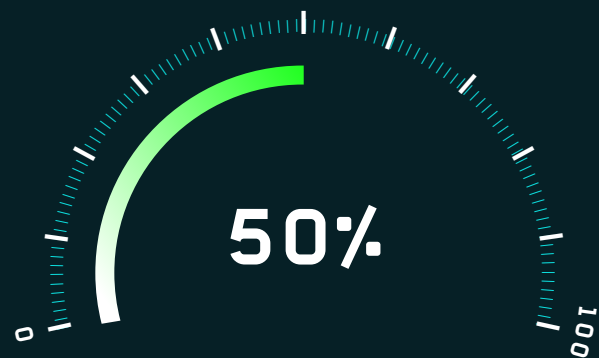
Keep an eye on friends who have also taken MDMA through the course of a session

Common sense and being a mate don't need an explanation. Mates will spot something going wrong almost before anyone else does—so if you are worried, do as most of you do and look out for your mates. Cheap, simple and so very important. If they get unwell—get help.



3

TEST DOSE A NEW BATCH

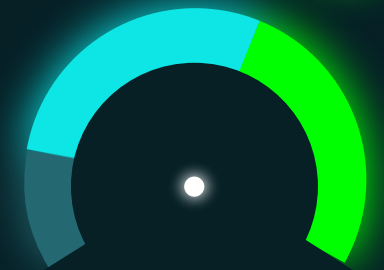
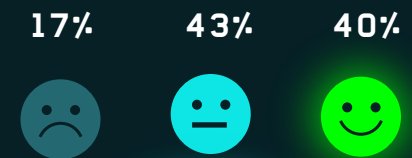


Users who usually do



8.4

Importance in reducing risk



Impact on
MDMA-related
pleasure



3

TEST DOSE A NEW BATCH

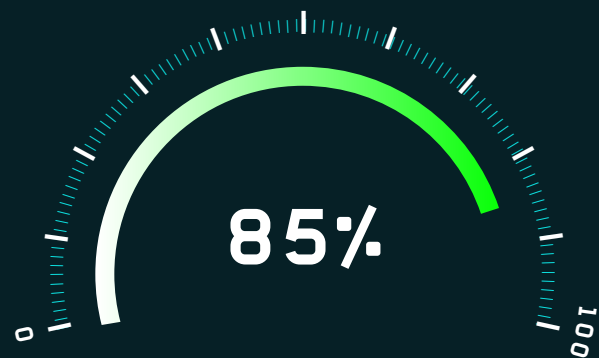
Test dose a new batch by taking a small amount first (half a pill or less/quarter of your usual dose of MDMA powder) and waiting for at least 90 minutes before re-dosing

How to deal with no quality control. You don't know what's in your pill or powder, and even if it is MDMA (as it often is these days) you don't know the amount or purity. So test dosing (using a fraction of your usual dose or $\frac{1}{4}$ pill) and waiting for at least 90 minutes (even longer to avoid the risks of drugs like PMA and really strong MDMA pills) before re-dosing, can protect you against taking too much of something nasty and/or give you some sort of clue to potency/dose in your pill/powder. Knowing how strong your drug is can help you titrate (adjust/measure) your dose so hopefully you get the effect you want. Some people think taking $\frac{1}{2}$ doses leads to a nicer, longer-lasting effect.



4

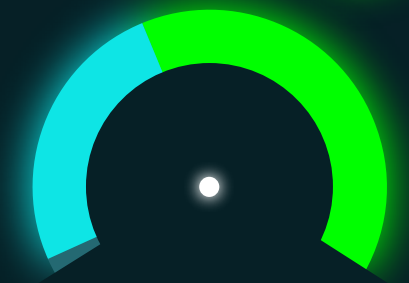
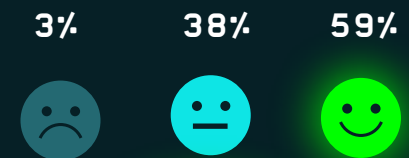
USE A TRUSTED DEALER



Users who usually do



Importance in reducing risk



Impact on
MDMA-related
pleasure



4

USE A TRUSTED DEALER

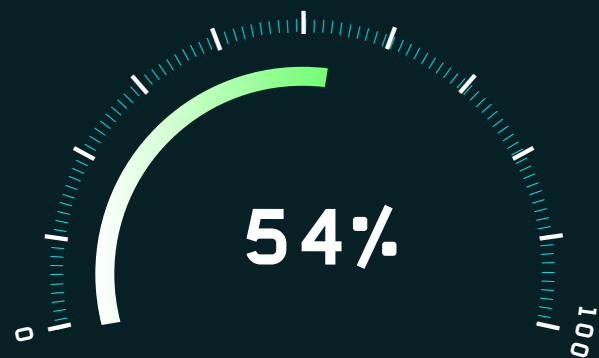
Buy your MDMA pills
/powder from a trusted
friend or dealer

It's no guarantee but a bit of common sense—someone you know is probably less likely to rip you off and may be more interested in your welfare than a random dude you meet in club. It is no guarantee but people seem to think it is very important and we guess they have based that on some extensive experience.



5

SET LIMITS ON AMOUNT USED



Users who usually do



8.2

Importance in reducing risk



Impact on
MDMA-related
pleasure



5

SET LIMITS ON AMOUNT USED

Set a limit for how much you will use on a day that you use MDMA

Common sense. Not using too much too often will avoid the development of tolerance and will give your brain a chance to recover between sessions so that you can enjoy your drugs to the full when you use them. Higher doses tend to cause more unwanted effects and the comedown is worse. It also costs more. Less is more as they say.



6

USE HOME TESTING KIT

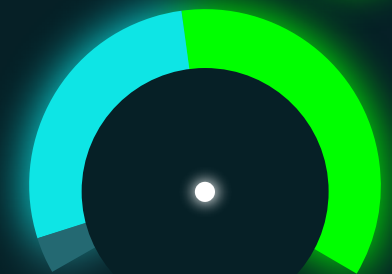
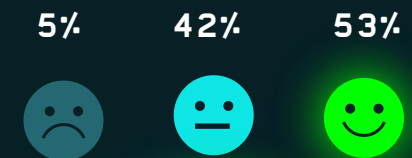


Users who usually do



8.1

Importance in reducing risk



Impact on
MDMA-related
pleasure



6

USE HOME TESTING KIT

Use a home testing kit to try
and find out a bit more about
your MDMA pill/powder

Not much evidence out there. They don't seem that popular. See our drug meter minute videos on testing kits and their limitations: <http://youtu.be/rFuN2zYFeyg>
<http://youtu.be/0MbNJYoHDz8>



7

AVOID USING WHEN DEPRESSED/ANXIOUS

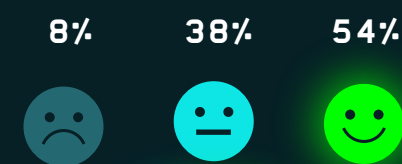


Users who usually do



8.1

Importance in reducing risk



Impact on
MDMA-related
pleasure



7

AVOID USING WHEN DEPRESSED/ANXIOUS

Avoid using MDMA when you are feeling depressed/anxious /paranoid or physically worn out

Set and setting—old school drug law. Some people find that if they are already feeling down, using ecstasy or cocaine can make them more depressed. According to one theory of depression (the monoamine hypothesis) low mood is due to low levels of certain chemical transmitters like serotonin and dopamine. These chemicals let brain cells talk to each other. A happy brain is one where there is good communication between cells. After taking a drug (like MDMA or cocaine) which empties your brain cells of what little transmitter they had left, people often find themselves even more depressed. And if you are on antidepressants, best avoid any stimulant drugs at all. Not only will the stimulant drugs work against the effects of the medication, but your comedowns will be far worse.



8 | CHECK USER FORUMS BEFORE USING NEW PILL



8

CHECK USER FORUMS BEFORE USING NEW PILL

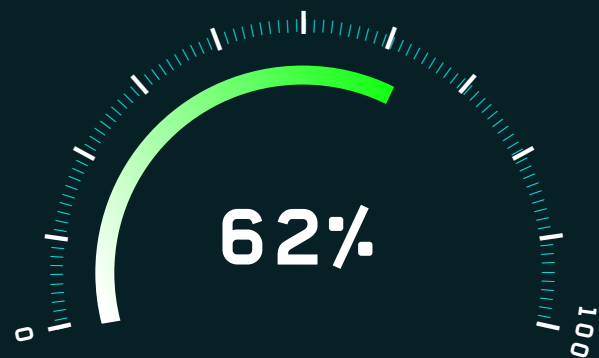
Check user forums / pill
test sites before taking a
new pill

Forums vary. Reviews and reviewers vary. The content of pills (even if they look the same) varies widely even over brief periods of time. In some cases, pill reports can alert users to dodgy pills. But GDS is unsure of just how much they can reduce the risk. We guess that as long as you implement everything else to keep yourself safe, then checking reports online could be a useful bolt-on.

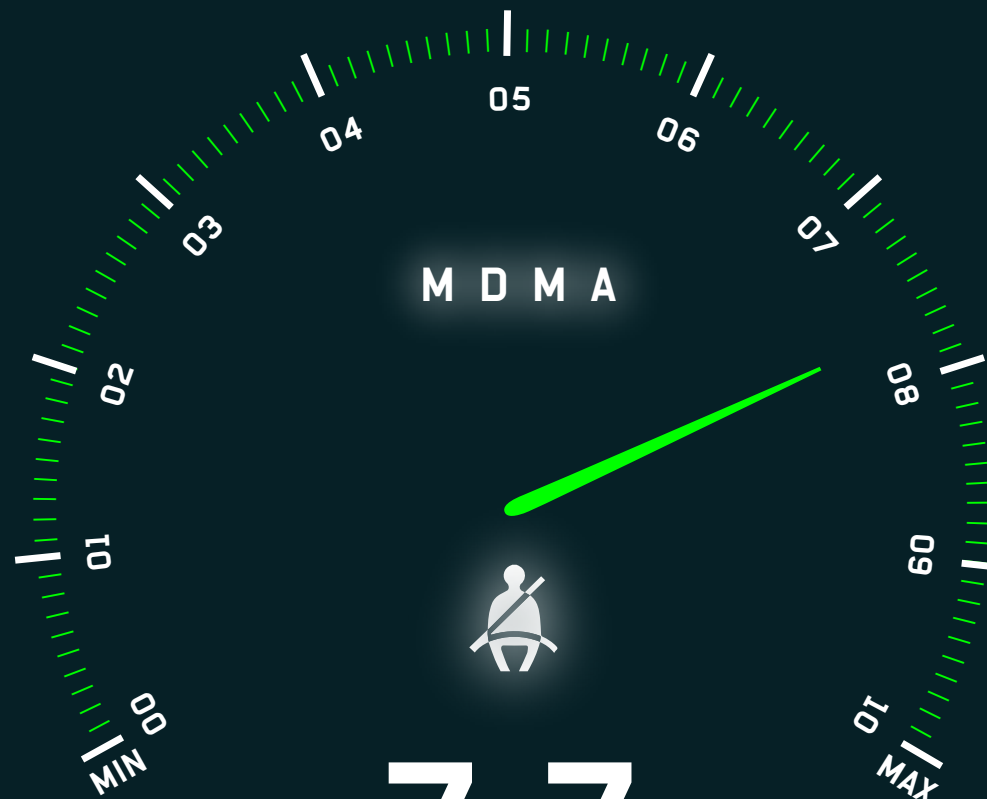


9

EAT PROPERLY



Users who usually do



7.7

Importance in reducing risk



Impact on
MDMA-related
pleasure



9

EAT PROPERLY

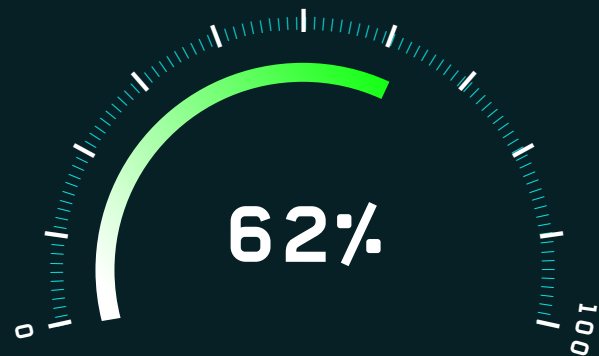
Make sure that you eat properly after a period of MDMA use, even if you don't feel hungry

Your brain on/after drugs needs food. Food refills your body with the building blocks it needs to make the chemical transmitters which your MDMA session has just emptied. Bananas, chocolate, kiwi fruit, nuts, honey, marmite, turkey, multivitamins, milk or juice are all good recovery foods.

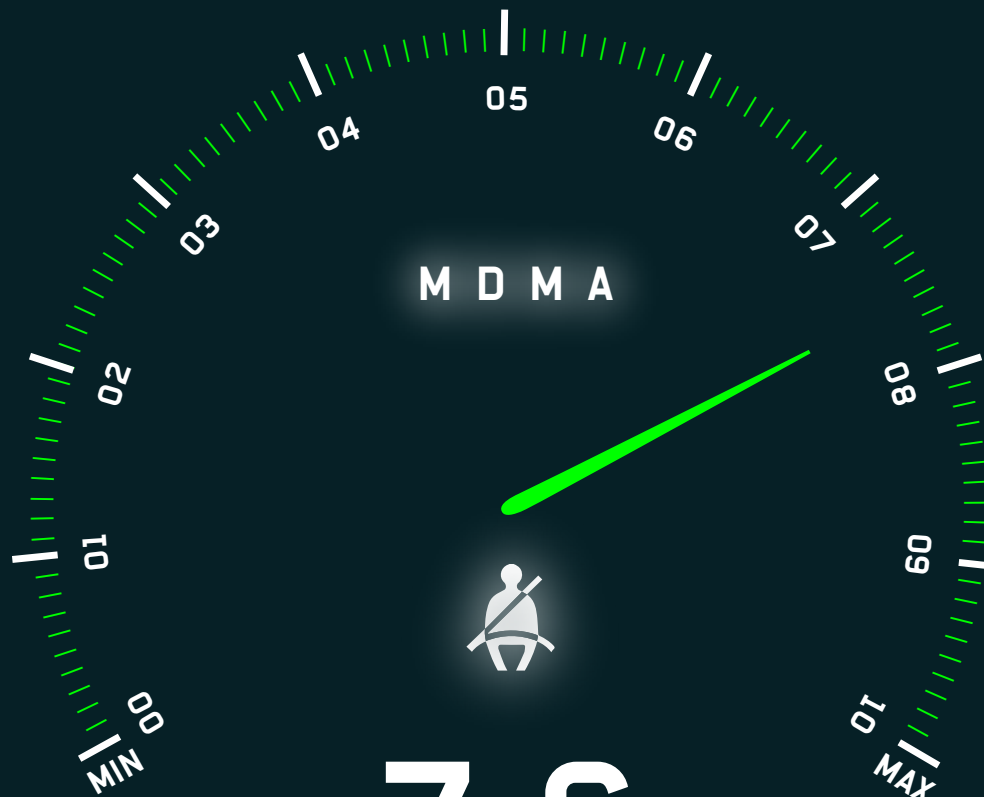


10

WAIT 4 WEEKS BETWEEN SESSIONS

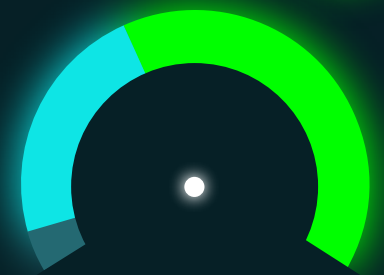
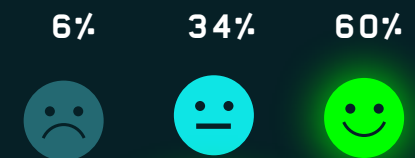


Users who usually do



7.6

Importance in reducing risk



Impact on
MDMA-related
pleasure



10

WAIT 4 WEEKS BETWEEN SESSIONS

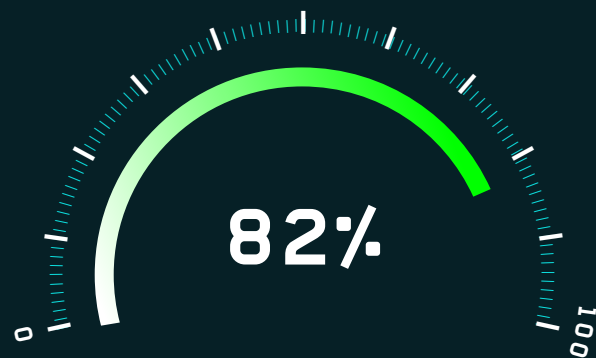
Leave a gap of at least 4 weeks
between MDMA sessions

Don't drive on empty. MDMA causes a massive release of chemical transmitters in your brain (that's why you get a buzz). After a session, your brain can be pretty much emptied of them (the comedown). MDMA also slows down the refilling of brain cells with these chemicals (by blocking an enzyme that converts tryptophan into serotonin). It takes at least a week or two to get back to normal. Not using too often means that you also avoid developing tolerance to the desirable effects of MDMA. Many people think that a four week break is a good minimum distance between use periods. Lots of clubbers seem to agree as well.

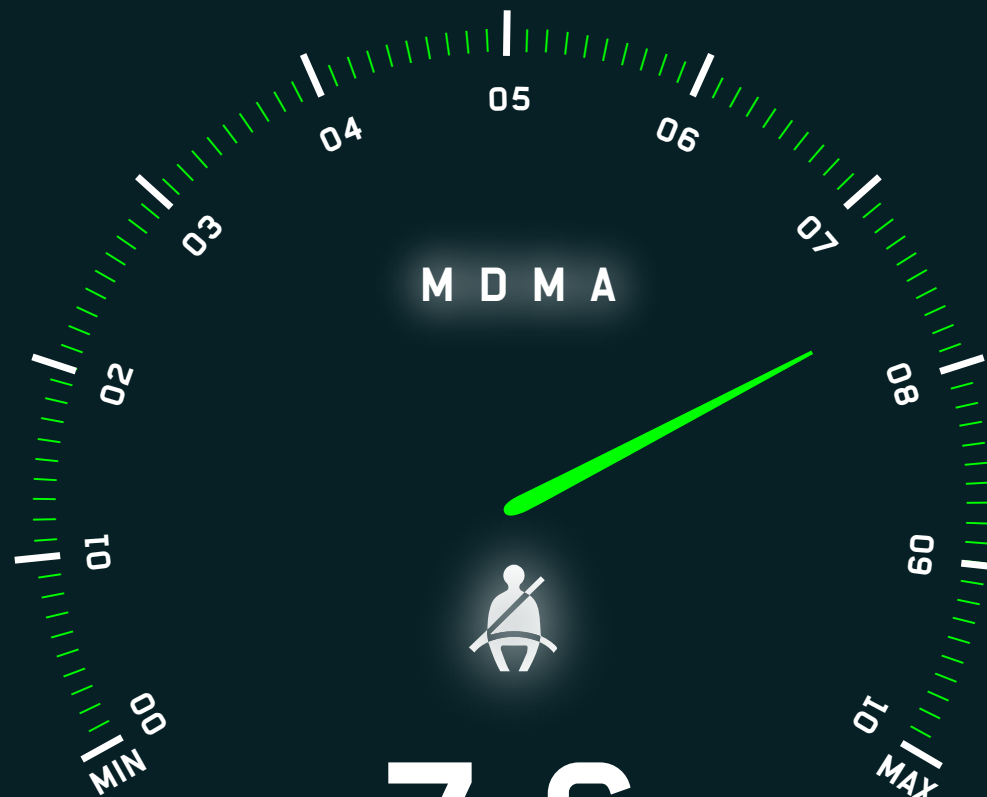


11

HAVE REGULAR SLEEP AFTER SESSIONS

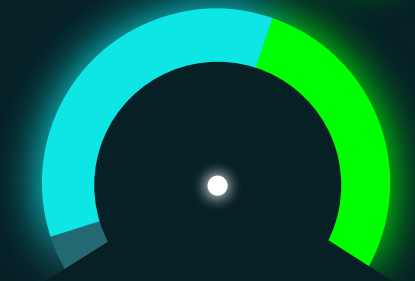
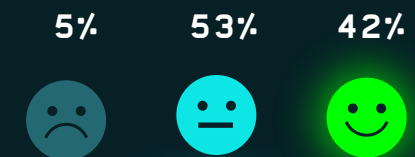


Users who usually do



7.6

Importance in reducing risk



Impact on
MDMA-related
pleasure



11

HAVE REGULAR SLEEP AFTER SESSIONS

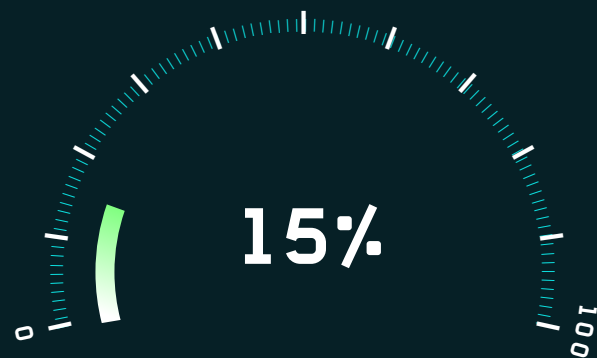
Make sure that you get regular sleep after a period of MDMA use

Sleep rests your brain. Sleep is good. Sleep lets your brain catch up and process all the stuff that has been going on. Sleep gives your brain and body time to recover. Several days of not sleeping worsens your concentration and comedown, increases the risk of accidents and delays your recovery to feeling back to 'a normal you' again. Try to avoid sleeper drugs like benzodiazepines or Z drugs because they don't give you normal sleep. Avoid any caffeine drinks after 2pm and have a pee before bed.

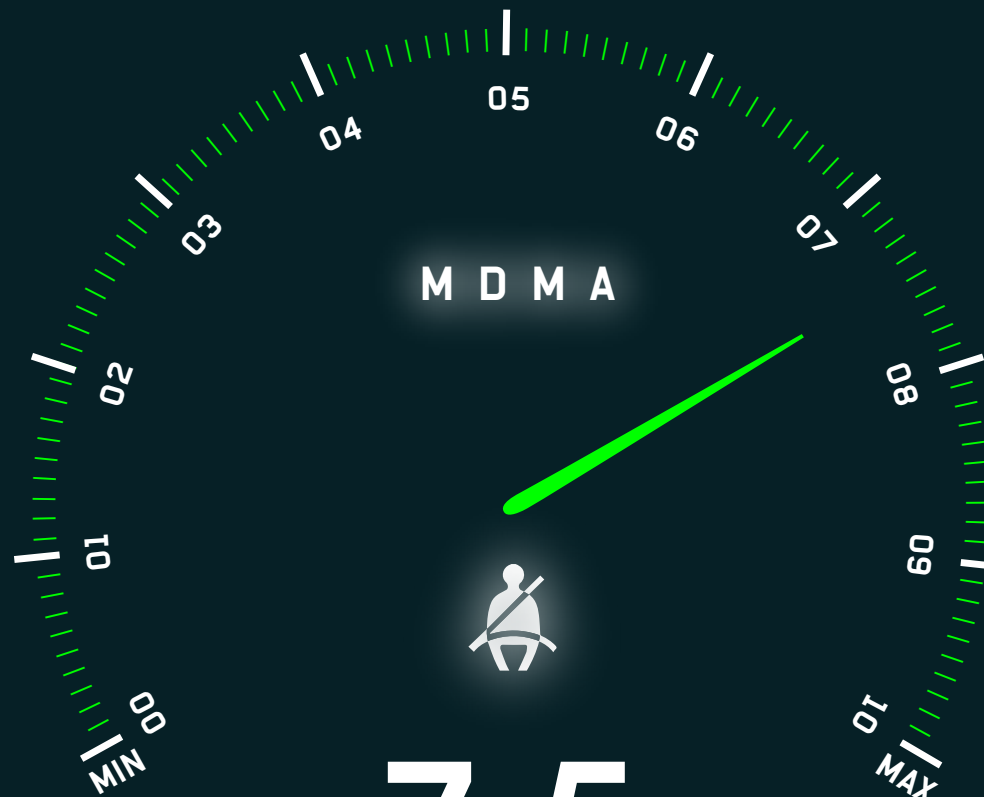


12

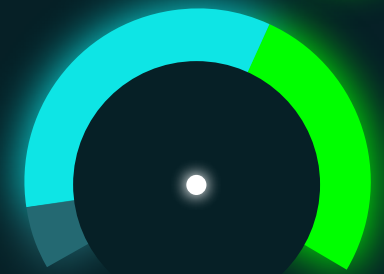
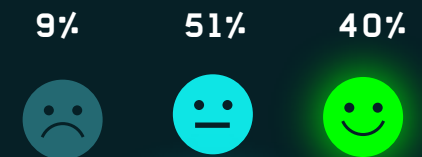
HAVE ONE PERSON IN GROUP TEST SMALL AMOUNT



Users who usually do



Importance in reducing risk



Impact on
MDMA-related
pleasure



12

HAVE ONE PERSON IN GROUP TEST SMALL AMOUNT

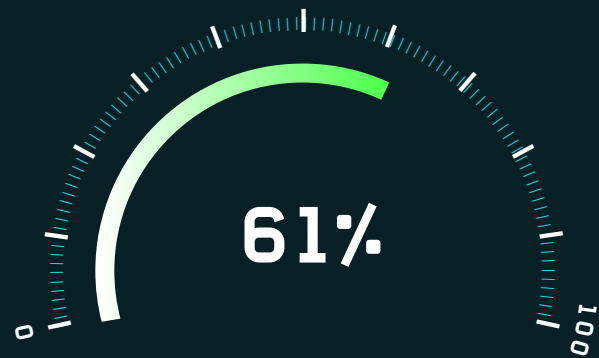
Get one person in your group to test a new batch by taking a very small amount first and waiting for at least a couple of hours (even longer ideally since PMA can take 3 hours to kick in) before taking another dose

Who's the guinea pig today? Although people vary in their response to pills (even dodgy dangerous ones), having, at least, a 'tester' who takes a tiny dose while being watched over by his/her mates somewhere safe before everyone else takes it seems like a good idea (you just have to decide who is going first). If it looks like an E, but doesn't make you come up like an E and it doesn't feel like an E—then it is probably not an E. So bin it!

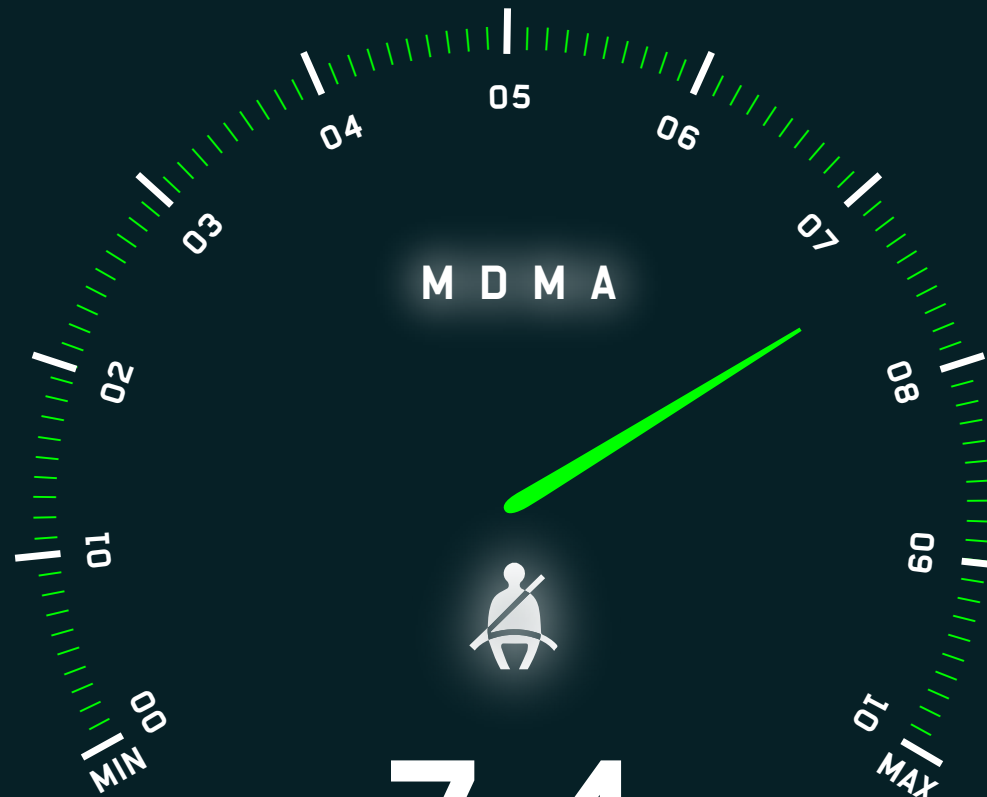


13

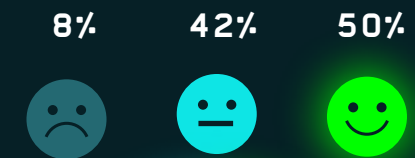
REST FROM PHYSICAL ACTIVITY



Users who usually do



Importance in reducing risk



Impact on
MDMA-related
pleasure



13

REST FROM PHYSICAL ACTIVITY

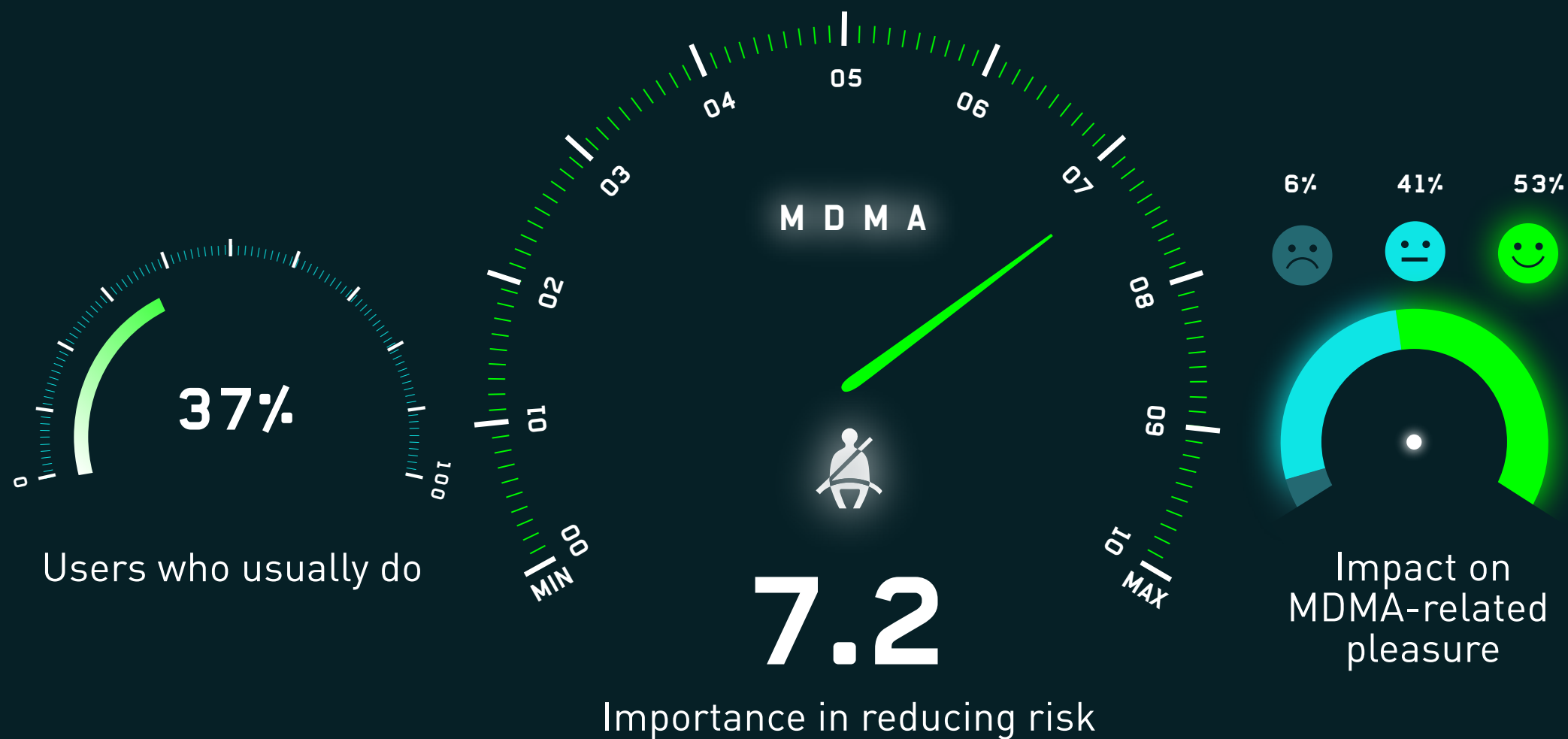
Make sure that you take regular rest/breaks from physical activity when you are out clubbing and using MDMA

Be cool. One of the biggest but most avoidable risks associated with E is overheating and dehydration. Part of the risk is due to MDMA messing with your body's thermostat and another part of it is that physical exertion (like dancing) can increase your temperature. Night clubs can be hot places and dance floors often have the worst ventilation. Taking a break from dancing and getting off the dance floor for 10 minutes every hour or two can help you avoid overheating.



14

DRINK LESS THAN 6 ALCOHOLIC DRINKS



14

DRINK LESS THAN 6 ALCOHOLIC DRINKS

Drink less than 6 standard alcoholic drinks (equivalent to about half a bottle of wine or 3 x 330 mls bottles of 5% beers or 6 single measures of spirits) when you use MDMA

Alcohol dehydrates you, impairs your body's ability to regulate body temperature and tends to work against the stimulant effects of E. Stimulant drugs tend to offset some of the desirable effects of alcohol, so you're kind of wasting your money if you drink loads. If you are really thirsty—try a non-alcoholic drink first—and then see if you still need that beer! Lots of people seem to do E without any alcohol—they still seem to enjoy themselves (a lot).



(LSD/MAGIC MUSHROOMS)

LSD/ MAGIC MUSHROOMS

OVER 12,000 USERS

AKA: Psychedelics

Although diverse in origin and source, these drugs are similar enough in effect for the High-way Code to treat them as a single group. They do differ in peak-time, effect and duration. Tripping with trusted company and being somewhere you feel safe are important.

Check our drugs meter minute on mushrooms at:
<http://youtu.be/6fxdhU9HCFc>

LSD

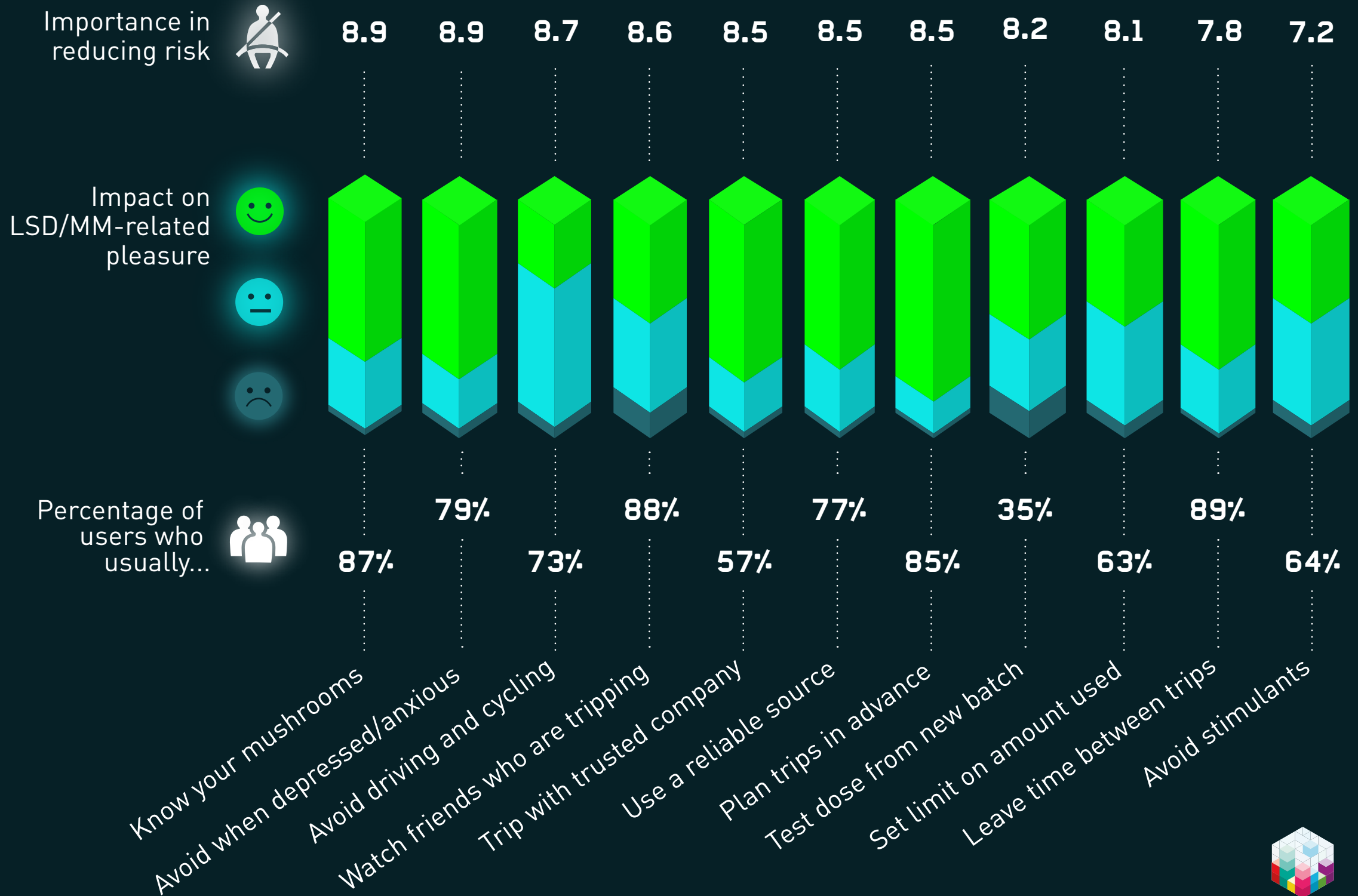
Usual dose	100–200	mcg
Time to onset	30–60	min
Time to peak	2–3	hrs
Duration of action	8–12	hrs

MAGIC MUSHROOMS

Usual dose	Depends on mushroom
Time to onset	30–60 min
Time to peak	1.5–2 hrs
Duration of action	6–8 hrs



LSD / MAGIC MUSHROOMS



1 | KNOW YOUR MUSHROOMS



1

KNOW YOUR MUSHROOMS

Make sure that you have the right mushrooms before you eat them (e.g by using past experience, checking with an experienced user or getting them from a reliable and trusted source)

Not all mushrooms are magic. The riskiest thing about mushrooms is picking the wrong one (some can be very poisonous). Making sure that you have the right mushroom is really important. Make sure that you pick your first mushroom with an experienced mycologist (fungi expert, or just someone who knows what they are doing). Liberty caps have got a nipple on them but don't risk eating the wrong ones or you feel like a tit. Just rummaging around hopefully in sheep and cow poo might land you in the shit.



2

AVOID WHEN DEPRESSED/ANXIOUS/PARANOID



2

AVOID WHEN DEPRESSED, ANXIOUS OR PARANOID

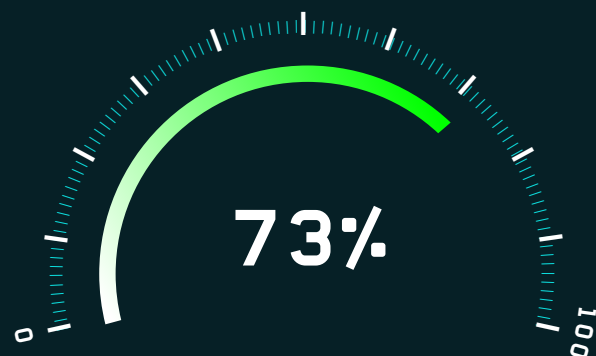
Avoid using LSD/magic mushrooms when you are feeling depressed, anxious or physically worn out

Set and setting—old school drug law. Although there is increasing research that suggests psychedelics drugs like ketamine and psilocybin can have beneficial effects on mental health and even treat psychiatric disorders, most users agree that most drugs tend to worsen whatever state you are in when you take them. Getting paranoid when tripping is not uncommon. Being somewhere safe with trusted mates can help reduce this risk. If you are on antidepressants or other psychiatric meds, it is best to avoid any drug because of unpredictable interactions and the possibility that those drugs work against the effects of the medication.



3

AVOID DRIVING AND CYCLING



Users who usually do



8.7

Importance in reducing risk



Impact on
LSD/MM-related
pleasure



3

AVOID DRIVING AND CYCLING

Always avoid driving or cycling within 24 hours of using magic mushrooms or LSD

It might feel like a video game—but it's not. Psychedelics combined with vehicular operations (driving) are just risky. Blurred or double vision, pretty lights, time and space distortion—you know the score. All the things that make psychedelics nice make driving after it risky—and against the law. If you're with someone who wants to drive while tripping, do everyone a favour and keep the keys away from him/her. Same goes for swimming by the way.



4 | WATCH FRIENDS WHO ARE TRIPPING



4

WATCH FRIENDS WHO ARE TRIPPING

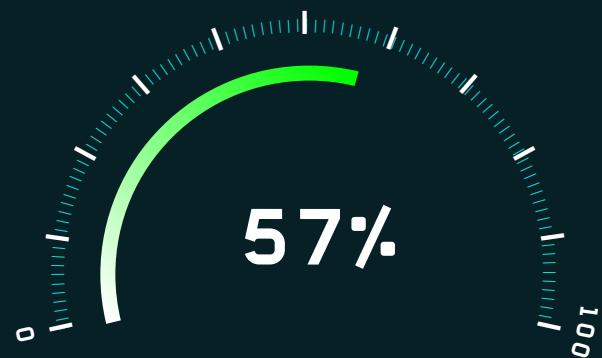
Keep any eye on friends
who have also taken
LSD/mushrooms

Common sense and being a mate don't need an explanation. Mates will spot something wrong almost before anyone else—so if you are worried do as most of you do and look out for your mates. Cheap, simple and so very important. MAPS and Project Zendo have got some great tips for helping talk people, 'through' their trip, find out more at: zendoproject.org.



5

TRIP WITH TRUSTED COMPANY

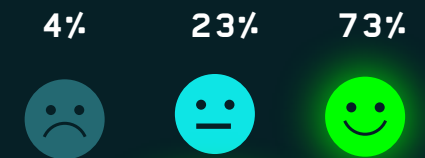


Users who usually do



8.5

Importance in reducing risk



Impact on
LSD/MM-related
pleasure



5

TRIP WITH TRUSTED COMPANY

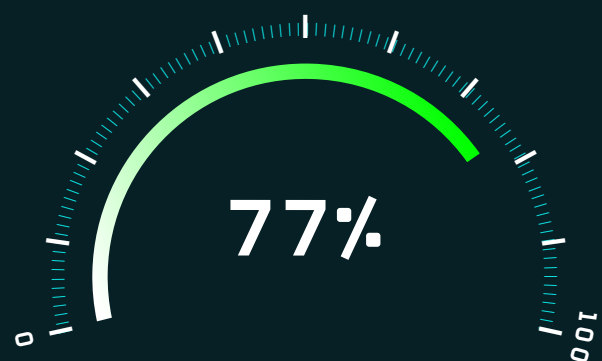
Make sure that there is a trusted, experienced psychedelic drug user or non-tripping friend about

Your mates can keep you safe. Shrooms and LSD, like all psychedelics, can be unpredictable and can result in intense, occasionally not nice experiences. Making sure that there is a trusted, experienced psychedelic drug user or non-tripping friend about to keep an eye on you and take care of you should you have an unwanted / unpleasant experience seems sensible and popular.



6

USE A RELIABLE SOURCE

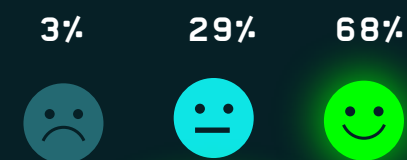


Users who usually do



8.5

Importance in reducing risk



Impact on
LSD/MM-related
pleasure



6

USE A RELIABLE SOURCE

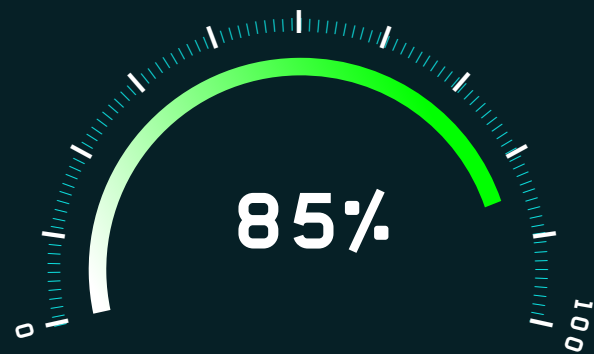
Make sure that you get your LSD or magic mushrooms from a reliable and trusted source

It's no guarantee but a bit of common sense —someone you know is probably less likely to rip you off and may be more interested in your welfare than a random bar of soap you meet in the street. It's no guarantee but people seem to think it is very important.



7

PLAN YOUR TRIP IN ADVANCE

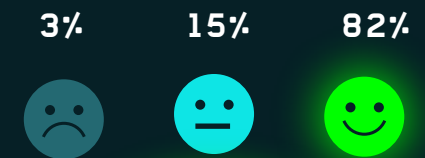


Users who usually do



8.5

Importance in reducing risk



Impact on
LSD/MM-related
pleasure



7

PLAN YOUR TRIP IN ADVANCE

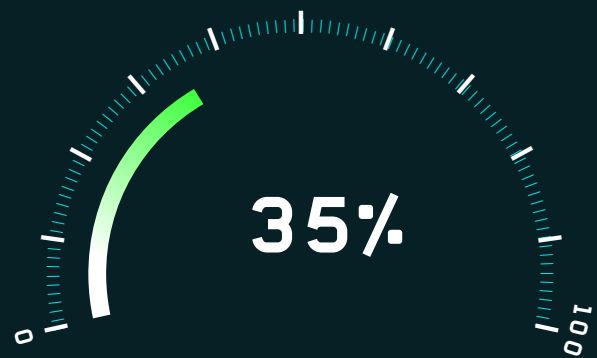
Plan your psychedelic session (trip) with LSD or mushrooms in advance (think about where you will be, what you will be doing and who you will be with)

Old fashioned drug common sense—set and setting. Psychedelics can be a ticket to many places. To make sure you arrive and get back home safely, advance planning (where you will be, who you will be with and what you'll be doing) is very important. Not only will planning increase your enjoyment of 'travel' but it will also reduce your risk of taking a wrong turn (or if you do quickly finding your way back).



8

TEST DOSE FROM NEW BATCH



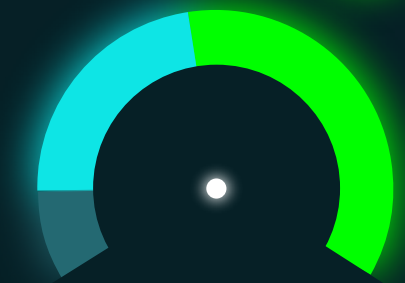
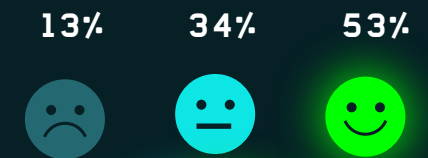
Users who usually do



LSD / MAGIC
MUSHROOMS

8.2

Importance in reducing risk



Impact on
LSD/MM-related
pleasure



8

TEST DOSE FROM NEW BATCH

Test dose your LSD/mushrooms before a full trip by taking a smaller dose than a full trip dose and waiting at least 90–120 min before taking a further dose)

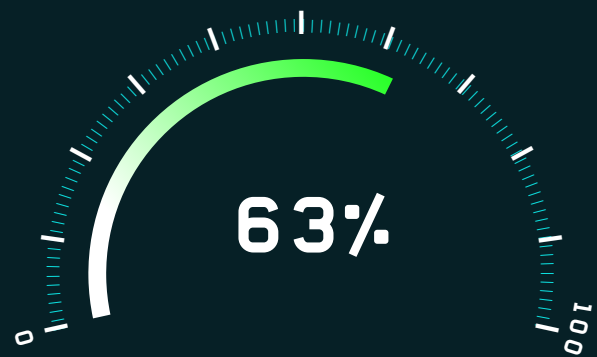
Drug purity varies—buyers beware! Because illicit preparations vary in potency and precise composition, you should check new batches by taking a small ‘test’ dose at least 90–120 minutes before re-dosing. Better still: test on a completely separate day. Note that small doses of LSD or psilocybin may take longer to come on than expected and 90 min may not be long enough for some people to feel the effect. This is often the reason that people take too much psilocybin: they take more before the effects of the initial dose come on.

Although dosing mushrooms might be easier if you have used that type before, there can still be marked variation in psilocybin content between batches. Sadly there’s nothing about the size, shape or logo on your blotter that gives you a clue about how much LSD is in it (note: NBOMe class of drugs that are being sold as LSD are just as potent but more unpleasant). Test dosing can help you find out how strong your drug is so you can titrate (adjust/measure) future doses and hopefully get the effect you want.



9

SET LIMIT ON AMOUNT USED



Users who usually do



8.1

Importance in reducing risk



Impact on
LSD/MM-related
pleasure



9

SET LIMITS ON AMOUNT USED

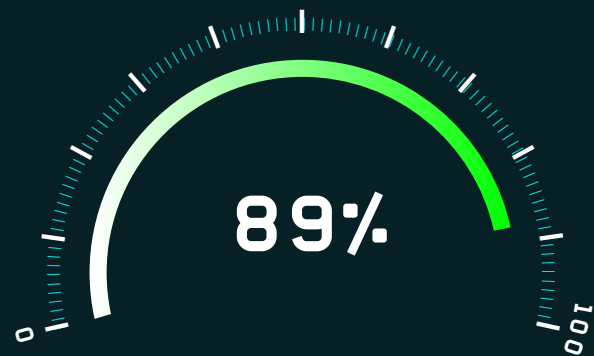
Set a limit for how much you will use on a day you use magic mushrooms/LSD

Less is more. Using any drug too often leads to the development of tolerance—with psychedelics this can occur within just a couple of days. Tolerance = less pleasure + more cost for many people. Setting a limit for how much you use on a day (we don't know how much is safe) might help keep your use under control and reduce your risk of developing tolerance and spending too much time away from earth.



10 |

LEAVE TIME BETWEEN TRIPS



Users who usually do



7.8

Importance in reducing risk



Impact on
LSD/MM-related
pleasure



10

LEAVE TIME BETWEEN TRIPS

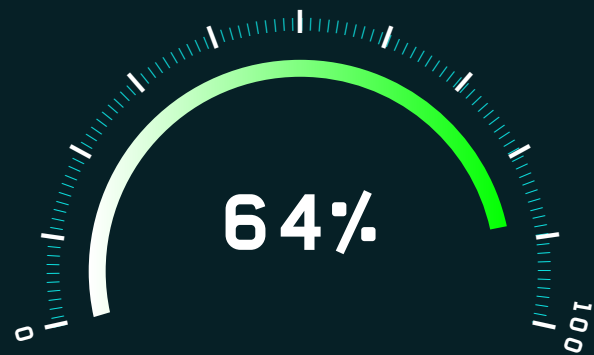
Leave enough time between trips with LSD/magic mushrooms to integrate (make sense of / understand) the experience

Wait until you have integrated the experience before tripping again. Some journeys take longer to process/recover from than others (think screaming babies, flight delays, sitting next to a Muppet on a 12hr plane journey). We asked MAPS 'how long between trips'. They said till you've integrated the experience. How long? Time's not the key issue. One issue is that people build up tolerance to psychedelics very quickly so they're best used with weeks, months, years (or a lifetime) between sessions.



11

AVOID STIMULANTS



Users who usually do



7.2

Importance in reducing risk



Impact on
LSD/MM-related
pleasure



11

AVOID STIMULANTS

Avoid using stimulants during an LSD or Magic mushroom session

Don't rush your trip. Most psychedelics have quite marked stimulant effects but for most the serenity and tranquility of the trip is the predominant sought-after effect. Agitation, restlessness and anxiety can sometimes take you away from where you want to be. Taking stimulants on top of psychedelics can stress your system increasing the risk of these unpleasant sensations along with other things like palpitations and chest pain.



(KETAMINE)

KETAMINE

OVER 4,500 USERS

With 1 in 4 users of K reporting urinary symptoms the most important thing GDS has to say is that if you are needing to urinate very frequently, get pain or burning when you wee, have pain in the lower abdomen or blood in urine—stop using K immediately and go see your doctor. K can cause irreversible bladder damage. The sooner you stop, the quicker and more likely your bladder will recover.

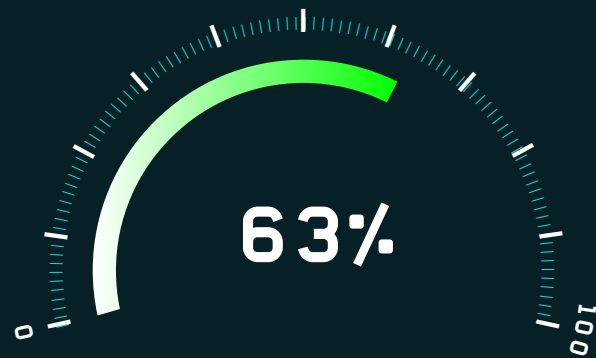
Usual dose	50–100 mg (snorted)	
Time to onset	5–10 min	<div></div>
Time to peak	15–30 min	<div></div>
Duration of action	1–2 hrs	<div></div>





1

AVOID DRIVING/CYCLING



Users who usually do



8.5

Importance in reducing risk



1

**AVOID DRIVING
/CYCLING**

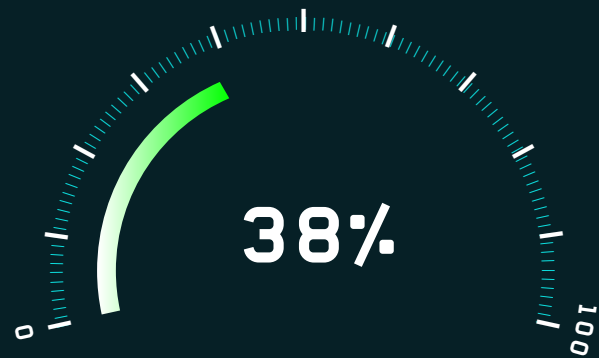
Avoid driving or cycling within 12 hours
(at least) of using ketamine

K, cars and cycling—might feel like a video, but it's not. Blurred vision, double vision, pretty lights, time and space distortion—you know the score. All the things that make K nice make driving after it risky and against the law.



2

TEST DOSE FROM NEW BATCH

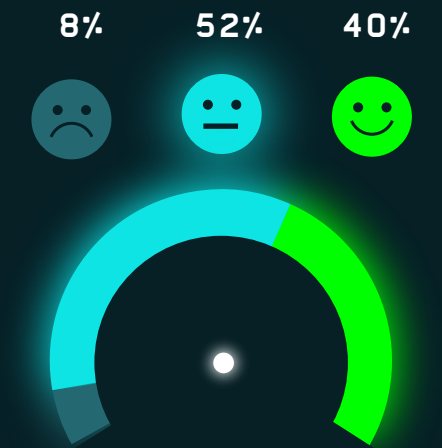


Users who usually do



8.2

Importance in reducing risk



Impact on
ketamine-related
pleasure



2

TEST DOSE FROM NEW BATCH

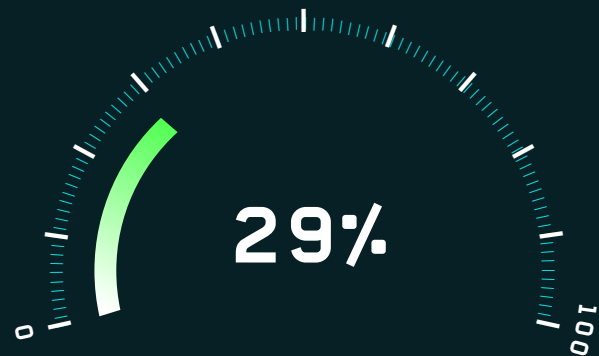
Test dose a new batch by using a small amount first (half of your usual dose of ketamine and waiting for at least 30 minutes before re-dosing

Drug purity varies—buyers beware! Because illicit preparations vary in potency and precise composition, you are safest checking each new batch by taking a small ‘test’ dose and waiting at least 60–90 minutes (drugs like methoxetamine take longer to come on). That way you can titrate (adjust/measure) future doses with some idea and hopefully get the effect you want and not end your evening before it has begun or find yourself in orbit or K’d out unable to speak, move or engage.



3

USE WITH TRUSTED COMPANY

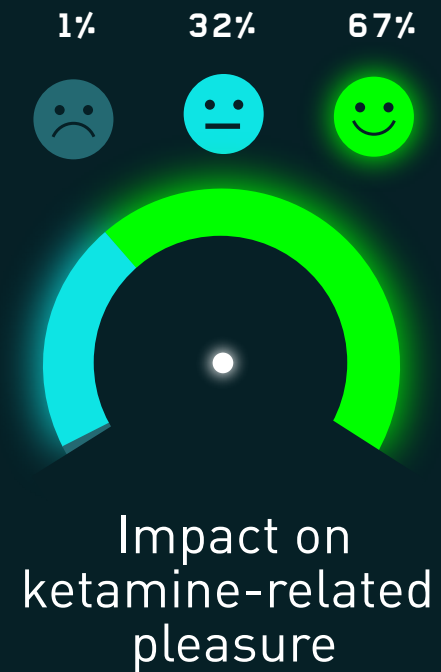


Users who usually do



8.2

Importance in reducing risk



Impact on
ketamine-related
pleasure



3

USE WITH TRUSTED COMPANY

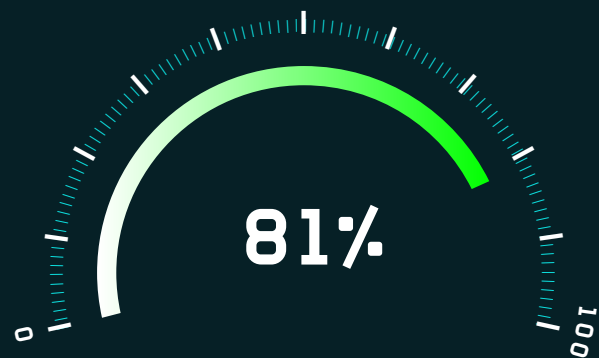
Make sure there is a trusted, experienced psychedelic drug user or non-tripping friend about when you use ketamine

Your mates can keep you safe. K, like all psychedelics, can be unpredictable and can result in intense occasionally not nice experiences. Making sure there is a trusted experienced psychedelic drug user or non-tripping friend about to keep an eye on you and take care of you should you have an unwanted / unpleasant experience seems sensible.



4

KEEP AN EYE ON FRIENDS



Users who usually do



8.1

Importance in reducing risk



Impact on
ketamine-related
pleasure



4

KEEP ANY EYE ON FRIENDS

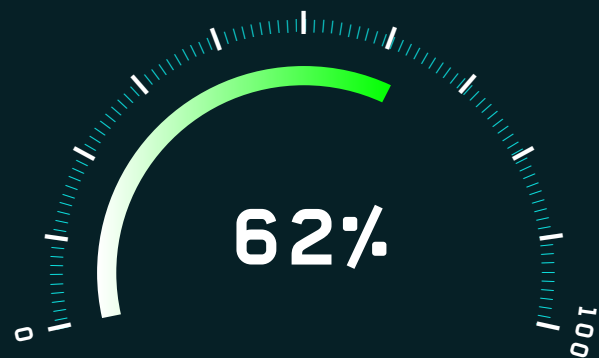
Keep any eye on friends who have also taken ketamine through the course of a session

You can help your mates stay safe. Common sense and being a mate don't need an explanation. Mates will spot something wrong almost before anyone else—so if you are worried do as most of you do and look out for mates. Cheap, simple and so very important. Don't ever be worried about calling for an ambulance if you're worried about a mate.



5

AVOID RISKY SITUATIONS (EG. BATH)



Users who usually do



7.9

Importance in reducing risk



5

**AVOID RISKY
SITUATIONS (EG.
BATH)**

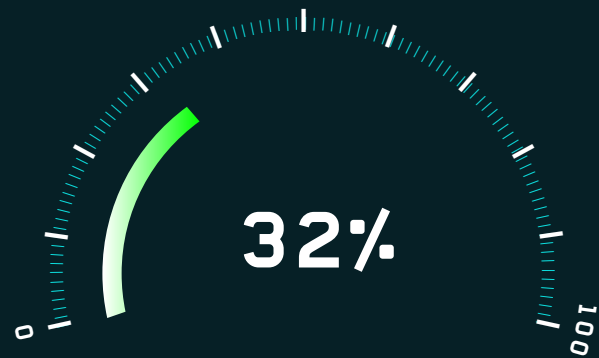
Avoid taking a bath or placing yourself in otherwise unfamiliar or unsafe environments (risky situations) when you use ketamine

Home sweet home. Because ketamine can leave you unable to move or speak, the biggest risks of using ketamine are being vulnerable to others and accidents, especially drowning. Even walking downstairs or along the kerb can be tricky. In fact staying in your house (or somewhere equally familiar) seems to be the safest place to use K. Less risk of accidents and your own loo and fridge!



6

SET LIMITS ON AMOUNT USED

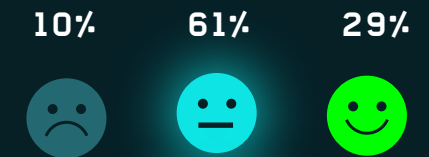


Users who usually do



7.6

Importance in reducing risk



Impact on
ketamine-related
pleasure



6

SET LIMITS ON AMOUNT USED

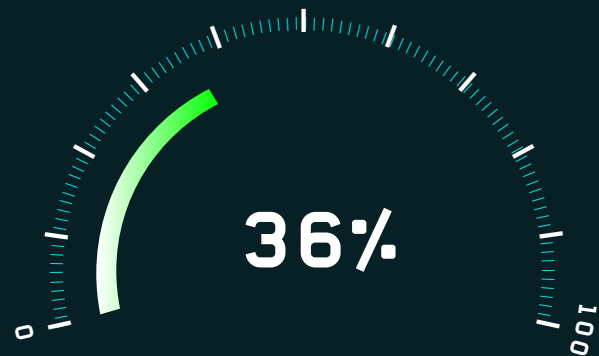
Set a limit for how much you will use on a day you use ketamine

Less is more. Using drugs too often leads to the development of tolerance—with K this can occur within a session. Tolerance = less pleasure and more cost for many people. Research suggests that the more ketamine you use the greater the risk of bladder damage and memory problems. Setting a limit for how much you use on a day (we don't know how much is safe) might help keep your use under control and reduce your risk of developing tolerance and other ketamine related harms.



7

AVOID ALCOHOL

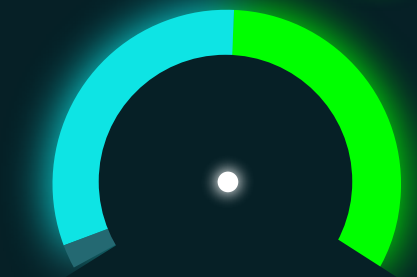
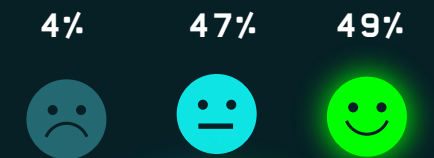


Users who usually do



7.4

Importance in reducing risk



Impact on
ketamine-related
pleasure



7

AVOID ALCOHOL

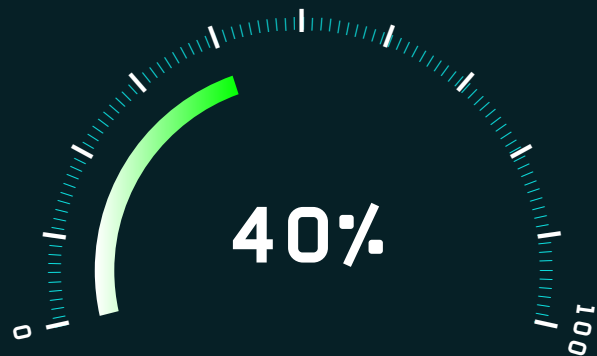
Set a limit for how much you will use on a day you use ketamine

Alcohol increases the risk of bladder problems. Research done by Global Drug Survey showed that people who drank alcohol when they used ketamine were significantly more likely to report bladder problems such as pain when passing water, frequency and blood in their urine. Not drinking any alcohol when you use ketamine reduces your risk of bladder (urinary) and gastrointestinal (gut) problems.



8

WAIT 4 WEEKS BETWEEN SESSIONS



Users who usually do



7.3

Importance in reducing risk



Impact on
ketamine-related
pleasure



8

**WAIT 4 WEEKS
BETWEEN
SESSIONS**

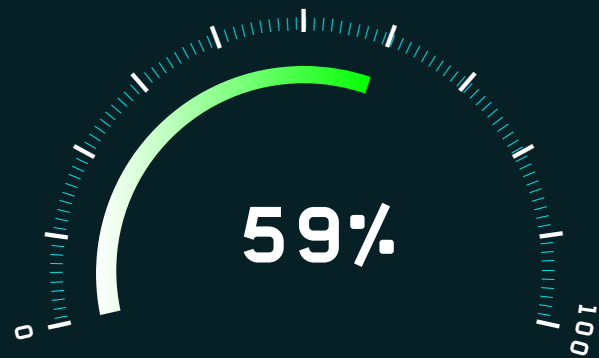
Wait at least 4 weeks between ketamine sessions to reduce the risk of bladder problems

Less is more. Using drugs too often leads to the development of tolerance—with K this can occur within a session. Tolerance = less pleasure and more cost for many people. Research suggests that the more ketamine you use and the more often you use it the greater the risk of bladder damage and memory problems. GDS thinks having at least 4 weeks between using sessions might reduce your risks of these problems by giving your body and brain time to recover.



9

STAY WELL HYDRATED



Users who usually do



7.3

Importance in reducing risk



Impact on
ketamine-related
pleasure



9

STAY WELL HYDRATED

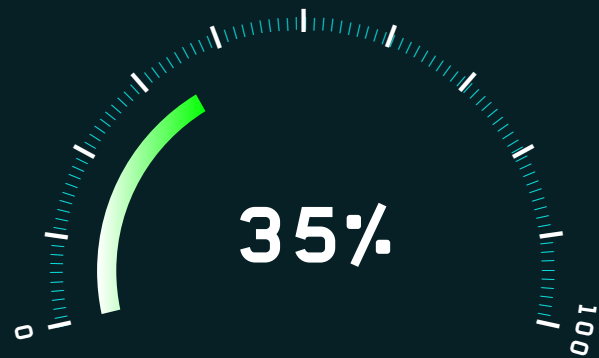
Make sure that you stay well hydrated by drinking non-alcoholic drinks when you use ketamine and for two days afterwards

Flush your system and bladder. There is growing agreement that ketamine causes damage to the bladder and other parts of the urological system (kidneys etc) as it passes out of the body. While we are still learning more, it seems that direct contact between the lining of the bladder and a by-product of ketamine can result in shrinkage and scarring of the bladder. By remaining well hydrated both while you are using ketamine and for the two days afterwards you might reduce the risks of this damage occurring. However, if you notice blood in your urine or you find yourself peeing very frequently then back off from using K and seek help from your GP or a drug agency.



10

PLAN SESSION IN ADVANCE

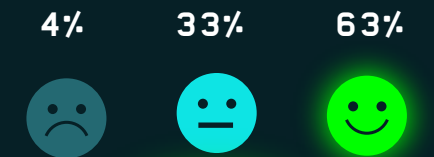


Users who usually do



6.9

Importance in reducing risk



Impact on
ketamine-related
pleasure



10

PLAN SESSION IN ADVANCE

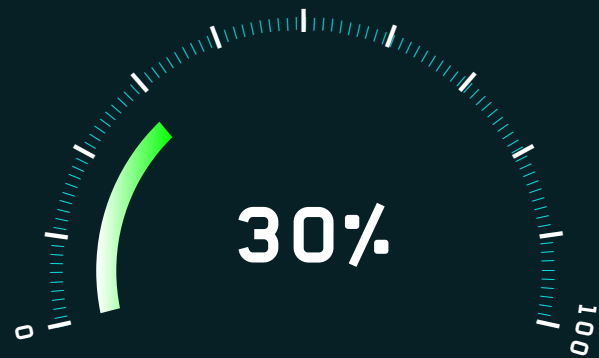
Plan your ketamine session in advance (that is think about where you will be, what you will be doing and who you will be with)

K can be a ticket to many places. To help you arrive safely at your destination and get home in one piece, planning your journey in advance is important. Feeling safe and knowing where you are and who you are with can help reduce the risk of having a bad time and if you do you will be in the best place to be taken care of.



11

AVOID USING STIMULANTS



Users who usually do



6.9

Importance in reducing risk



Impact on
ketamine-related
pleasure



11

AVOID USING STIMULANTS

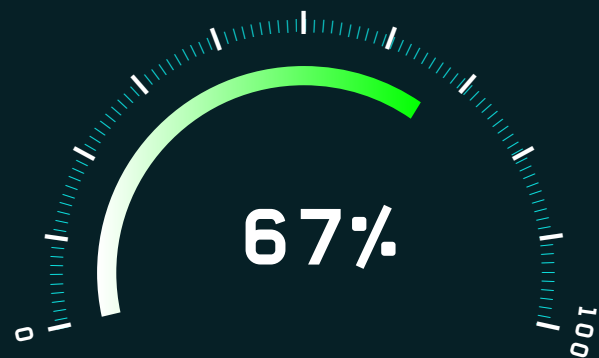
Avoid taking stimulant drugs
(cocaine/amphetamine/caffeine)
when you use ketamine

K doesn't need the stress. K already has stimulant effects and an increase in heart rate, palpitations and chest pain. Taking other stimulant drugs can result in over stressing your system and can increase the risk of anxiety and agitation as well.



12

BUY FROM SAME DEALER

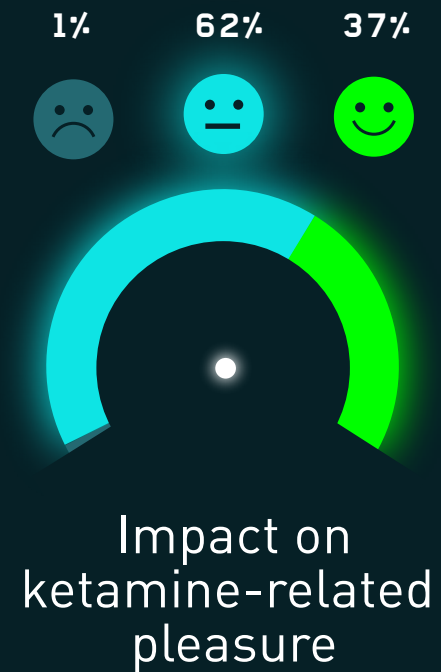


Users who usually do



6.6

Importance in reducing risk



12

BUY FROM SAME DEALER

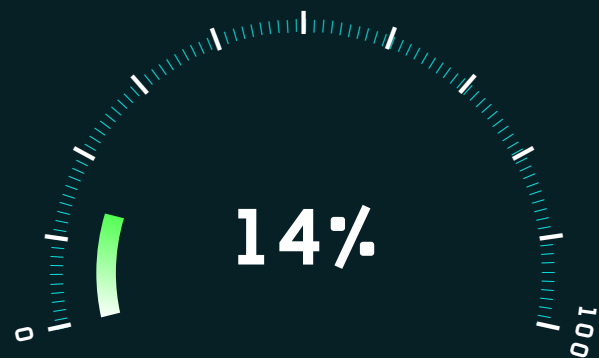
Buy your ketamine from the same supplier or network of suppliers

Buyer beware. Common sense—someone you know is probably less likely to rip you off and may be more interested in your welfare than a random person you meet in a club. It's no guarantee but people seem to think it is very important to buy your ketamine from the same dealer or network of suppliers.



13

WEIGH USING MILLIGRAM SCALES



Users who usually do



6.4

Importance in reducing risk



13

WEIGH USING MILLIGRAM SCALES

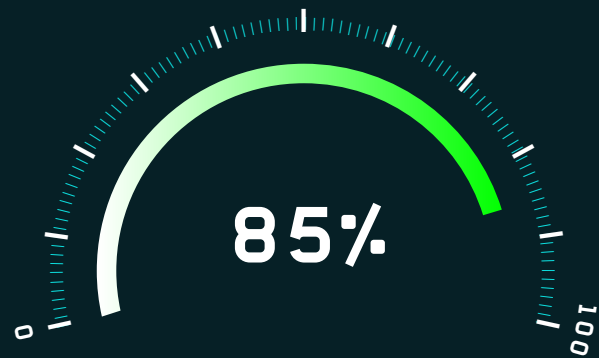
Weigh up your ketamine using milligram scales

Careful dosing is vital. Ketamine's effect are strongly dose related. Weighing up your ketamine doses might increase your ability to accurately dose yourself and reduce your risk of overdosing. Ketamine has a very different effect at different levels of dosing whether small bumps, small lines or bigger doses.



14

FINELY CHOP POWDER



Users who usually do



6.0

Importance in reducing risk



Impact on
ketamine-related
pleasure



14

FINELY CHOP POWDER

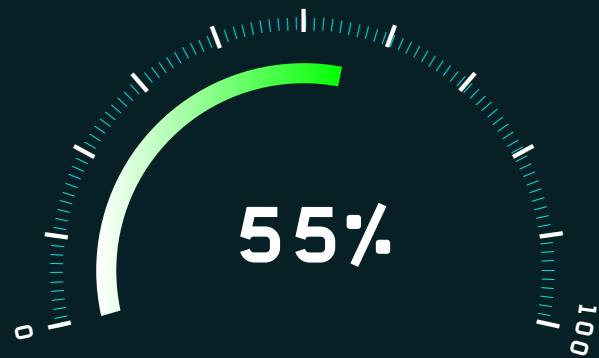
Grind up/chop up your powder very finely when you use ketamine

Finer powder goes further (maybe). Grinding up/chopping up your ketamine very finely can allow better connection with the nasal lining, better dose management, easier snorting action as well as reduce waste, nasal damage and might make your drugs last longer. Many people seem to think this is an important strategy.



15

USE OWN STRAW/TUBE/NOTE

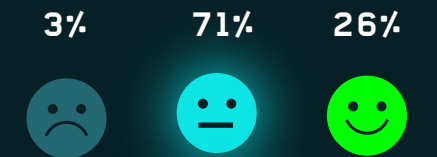


Users who usually do



6.0

Importance in reducing risk



Impact on
ketamine-related
pleasure



15

USE OWN STRAW/TUBE/NOTE

Use your own straw/tube/bill/note
when snorting ketamine

You share more than snot! Snorting crystalline white powders can damage the lining of your nose. Sometimes that leads to nose bleeds. Sharing straws with others runs the risk of transmitting blood borne viruses like hepatitis C. So use your own straw. Avoid exposure to viruses.



(GHB)

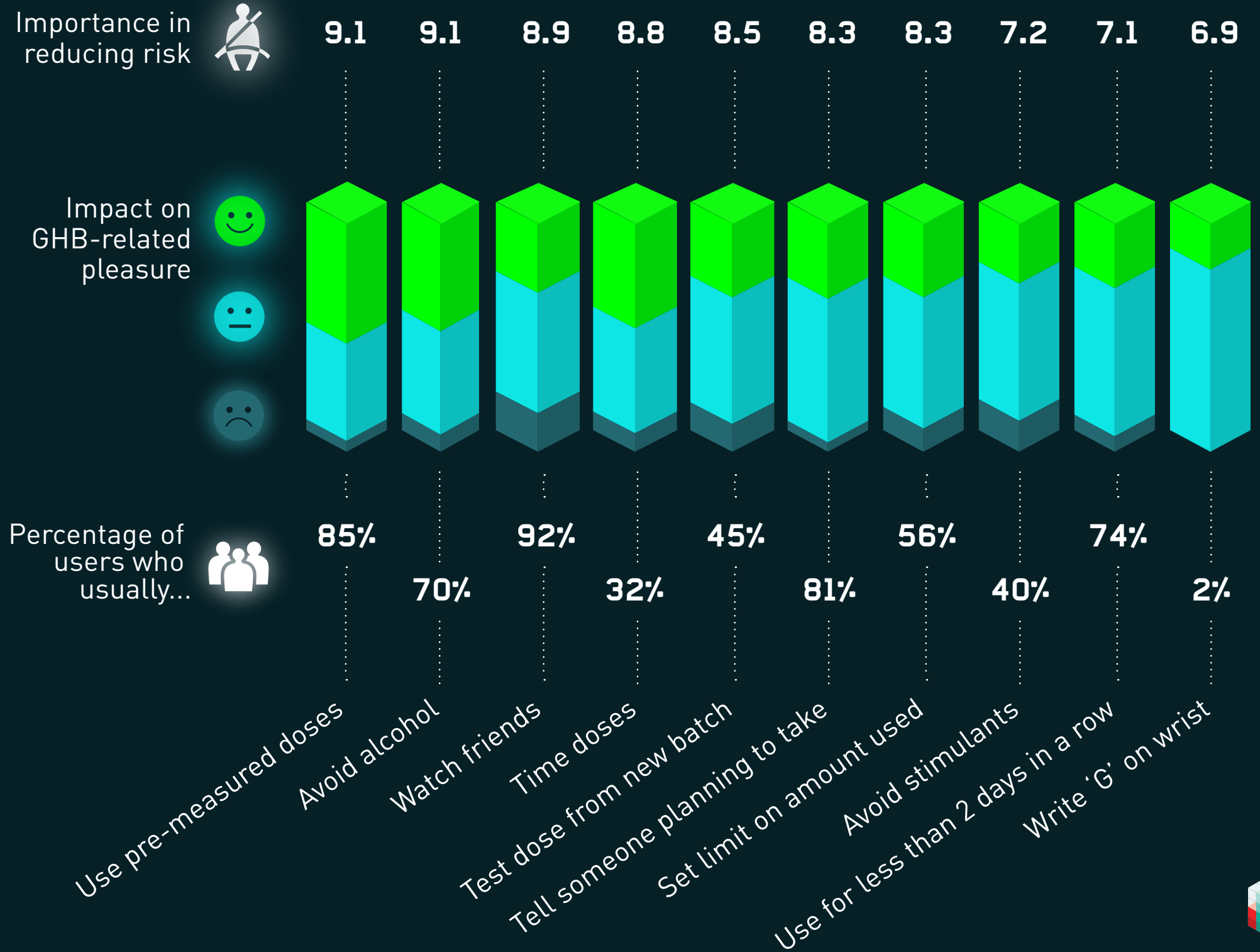
GHB
OVER 850 USERS

Although G preparations vary in potency, typical dose, speed to onset and duration of effect Global Drug Survey is treating GHB/GBL/1,4 butanediol as a single drug, collectively referred to as G or GHB in this part of the High-way Code.

Usual dose	1-2	mls (taken orally)	
Time to onset	5-10	min	<div></div>
Time to peak	15-30	min	<div></div>
Duration of action	2-4	hrs	<div></div>

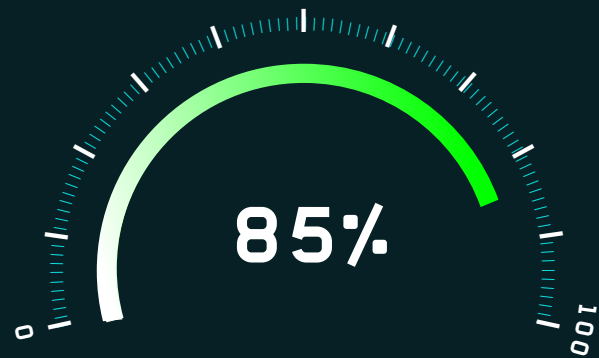


GHB



1

USE PRE-MEASURED DOSES

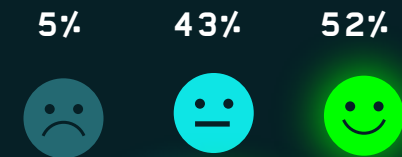


Users who usually do



9.1

Importance in reducing risk



Impact on
GHB-related
pleasure



1

USE PRE-MEASURED DOSES

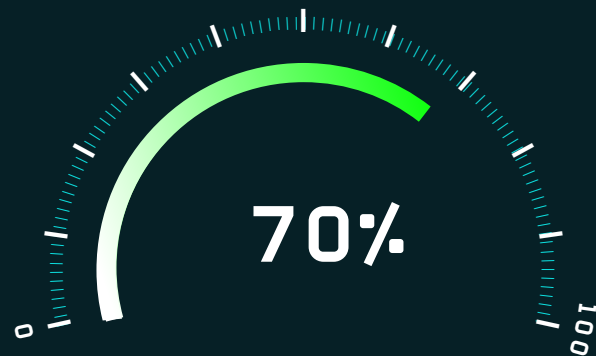
Use a pipette/
syringe/eye dropper or
pre-measured doses
when you use GHB

Every drop counts. G is such a potent drug. There's a tiny difference between a dose that gets you high and horny and one that causes you to pass out. A difference of 0.5mls can have a huge impact on effect (and risk). Because it's a solvent G can erase the markings on plastic syringes so glass eye droppers or pre filled capsules are best. Little soy fishes half-filled contain about 1.5mls-2mls.



2

AVOID ALCOHOL

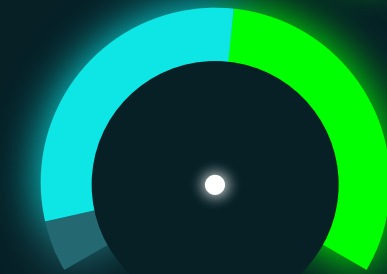
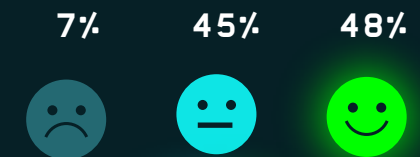


Users who usually do



9.1

Importance in reducing risk



Impact on
GHB-related
pleasure



2

AVOID ALCOHOL

Totally avoid drinking any alcohol when you use G

Alcohol and G = OD. While mixing G with alcohol may enhance some of the effects of G it massively increases the risks of OD. It can delay the amount of time G takes to kick in and so can also make safer dosing more difficult. Alcohol is a very dangerous mixer for G. Stick to water or juice!



3

WATCH FRIENDS

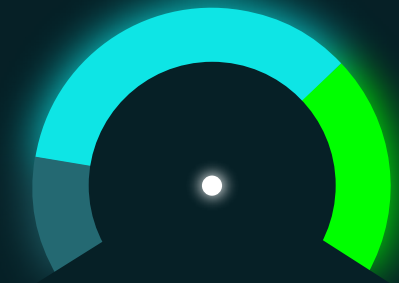
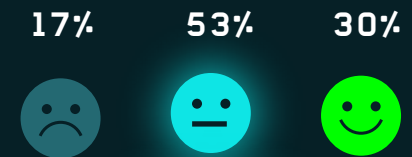


Users who usually do



8.9

Importance in reducing risk



Impact on
GHB-related
pleasure



3

WATCH FRIENDS WHO HAVE TAKEN G

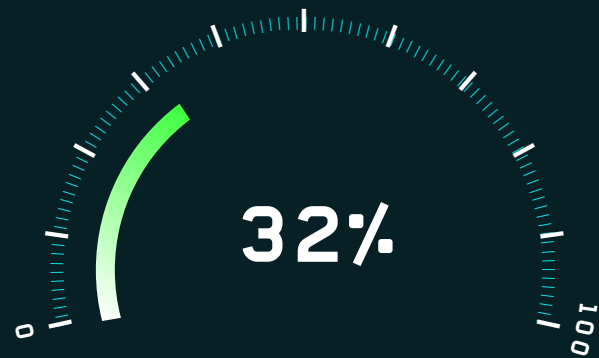
Keep any eye on friends
who have also taken G

You can keep your mates safe. Common sense and being a mate don't need an explanation. Mates will spot a friend in trouble with drugs before anyone else —so if you are worried, do as most of you do and look out for mates. Cheap, simple and so very important. If someone becomes unconscious on G put them in the recovery position and call the paramedics.



4

TIME DOSES

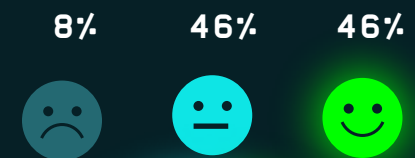


Users who usually do



8.8

Importance in reducing risk



Impact on
GHB-related
pleasure



4

TIME DOSES

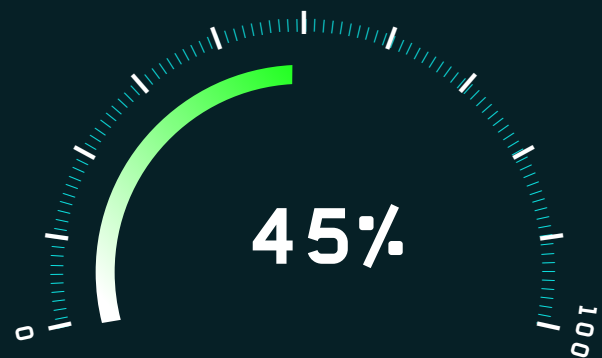
Set a reminder (e.g on phone or watch) to tell you when it's safe to take another dose of GHB

Every minute counts. G does not last very long but effects and the risk of passing out can increase if you dose too often. Making sure you leave a good gap (at least 90–120 minutes) between doses can help reduce the risk of over dosing on G. Because G impacts on your memory and perception of time, timing each dose can be difficult. Setting an alarm to the minimum safe time between doses can help reduce your risk of needing a wakeup call in the Emergency Room.



5

TEST DOSE FROM NEW BATCH

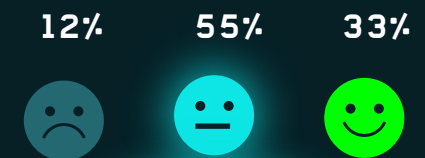


Users who usually do



8.5

Importance in reducing risk



Impact on
GHB-related
pleasure



5

TEST DOSE FROM NEW BATCH

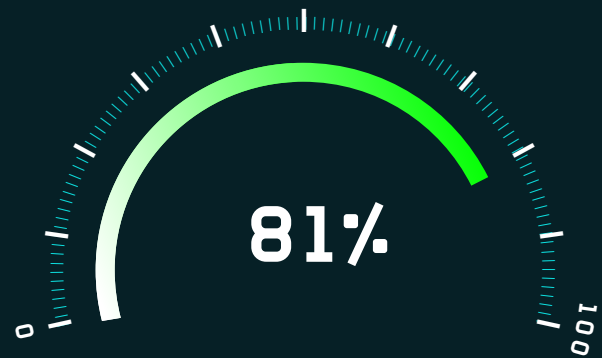
Test dose a new batch by using less than 0.5 ml and waiting for at least 60 min before re-dosing

Every drop is not the same. Taken orally the effects of G come on quickly, peaking within 10–15 minutes. Because each batch of G may be slightly different in strength and what it contains you are safest checking each new batch by taking a smaller dose than usual and then waiting for at least 60 minutes before taking another dose. Knowing how strong your drug is can help you titrate (adjust/measure) your dose so hopefully you get the effect you want and not end your evening before it has begun.



6

TELL SOMEONE PLANNING TO TAKE

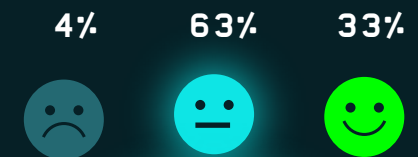


Users who usually do



8.3

Importance in reducing risk



Impact on
GHB-related
pleasure



6

**TELL A FRIEND
YOU'RE PLANNING
ON TAKING G**

Make sure you let a friend know that you are planning to take GHB

Your mates can keep you safe. Letting someone know what you're planning to take can help them keep an eye out for warning signs that you've overdone it e.g the G wobble, twitch, walk, slur, dance, nod, slouch and dribble. They can get you somewhere safe before you drop off or find yourself vulnerable to others.



7

SET LIMIT ON AMOUNT USED

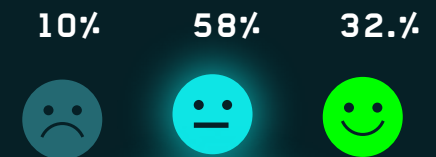


Users who usually do



8.3

Importance in reducing risk



Impact on
GHB-related
pleasure



7

SET LIMIT ON AMOUNT USED

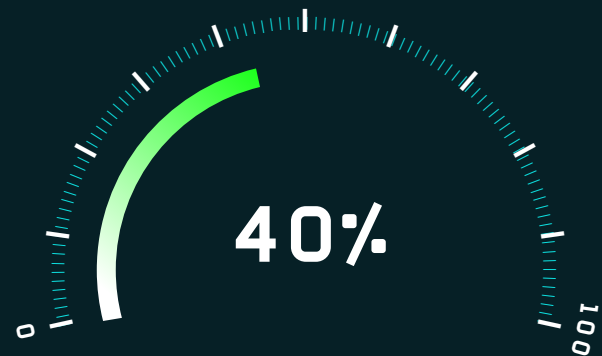
Set a limit for how much G you will use on a day you use

When enough is enough. Since most drug related harms are dose related, setting a limit for how much G you use on a day (we don't know much is safe) might help you keep your use under control and reduce your risk of developing tolerance and other G related harms. Try to stick to less than 15–20mls/day. Above that dose, you're veering into the doses where people start developing physical dependence and withdrawal (if used over several weeks). More is less as they say.



8

AVOID STIMULANTS



Users who usually do



7.2

Importance in reducing risk



Impact on
GHB-related
pleasure



8

AVOID STIMULANTS

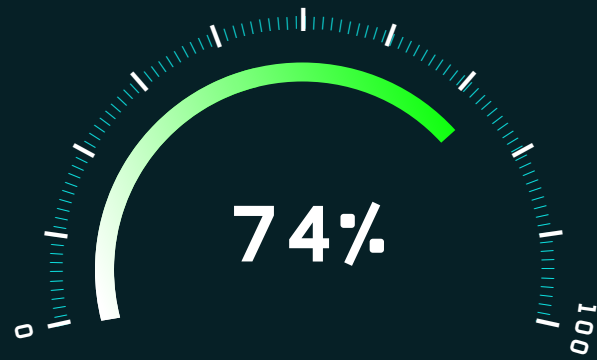
Avoid taking stimulant drugs when you use GHB

G—best enjoyed on its own. Mixing drugs can be fun. But in most cases mixing leads to an increased risk of harm and drug consumption. Adding stimulant drugs to a G session keeps you awake longer so you can use more G. Mixed together though you increase your risk of paranoia, hallucinations and aggression.



9

USE FOR LESS THAN 2 DAYS IN A ROW

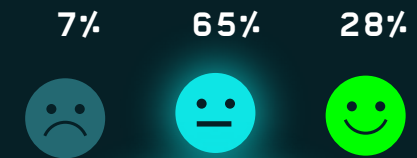


Users who usually do



7.1

Importance in reducing risk



Impact on
GHB-related
pleasure



9

**USE FOR LESS
THAN 2 DAYS
IN A ROW**

Avoid using GHB for more than
2 days in a row

A weekend is just 2 days long. People can build up tolerance to the effects of G very quickly, even within a few days. While regular use and the build-up of tolerance with some drugs can reduce your risk of overdose on that drug, that is not the case with G. It can take as little as a week or two to become physically dependent on G. This means if you stop taking it you might go into withdrawal and risk experiencing really serious health problems. So if you want to avoid developing a physical dependency and the risk of really dangerous withdrawal don't use for more than 2 days in a row.



10

WRITE 'G' ON WRIST



Users who usually do



6.9

Importance in reducing risk



Impact on
GHB-related
pleasure



10

WRITE 'G' ON WRIST

Write the letter 'G' on your wrist when you take GHB

Make it easy for others to help. If you pass out and are found unconscious by someone, other than putting you in the recovery position, it can help them and paramedics time to know what you have taken. Having a letter G written on your wrist can help them. If you get stopped by the police—just say it's a reminder to call Gary!



(NEW DRUGS)

NEW DRUGS

58.000 USERS

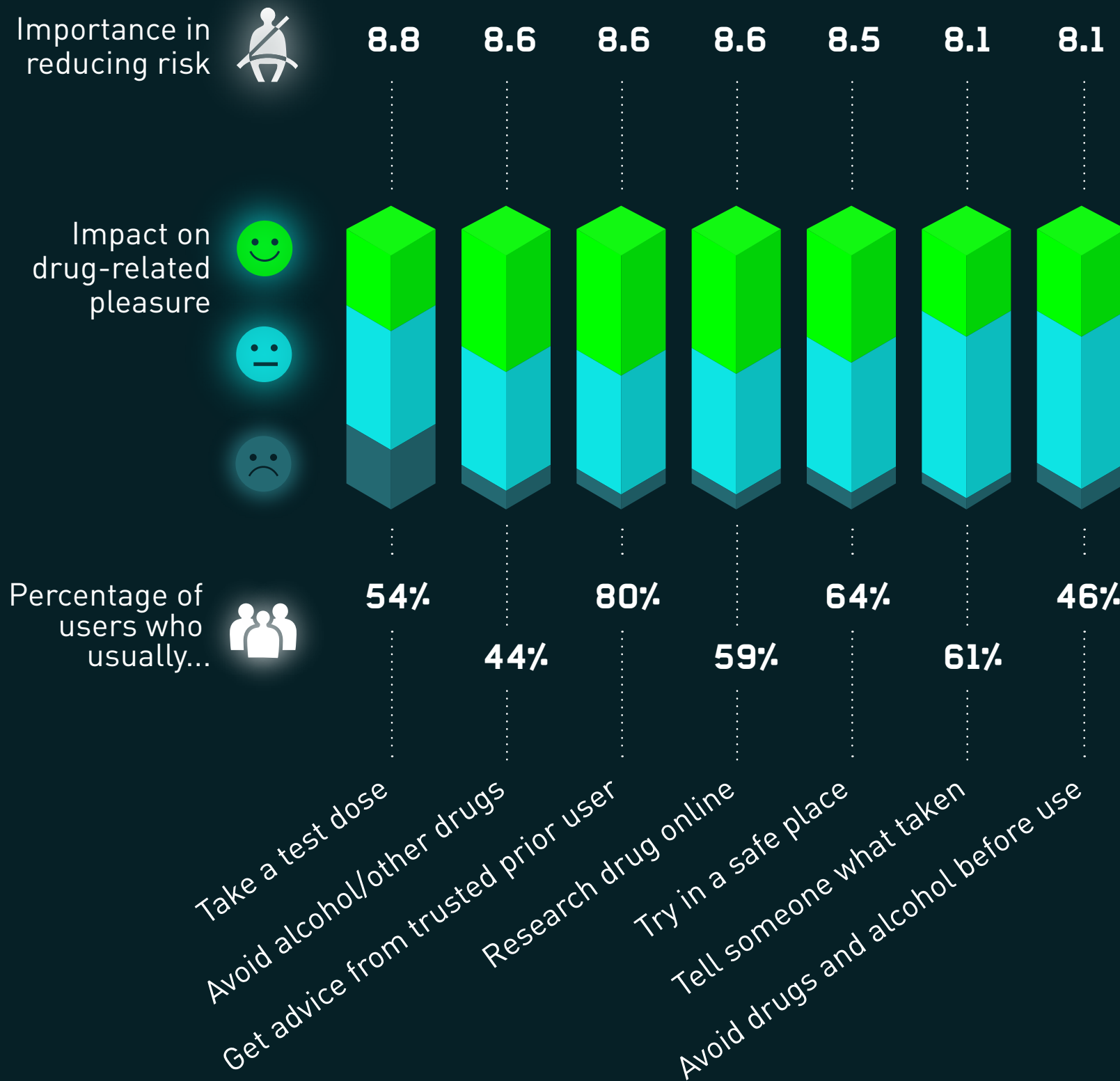
AKA mystery white powders, refer to such diverse groups of compounds that we necessarily asked some very broad questions that may apply to some sorts of drugs more than others. But the principles remain the same: if you don't know how the drug 'drives'—go easy before you put your foot down. No matter what the drug is, if you dozn't know the dose, the time to onset, peak effect and duration of effect, you can do the simplest things to keep yourself from harm. If you feel unwell tell someone.

See our drugs meter minute at <http://youtu.be/lSdXZZySxEk>

Usual dose	don't know
Time to onset	don't know
Time to peak	don't know
Duration of action	don't know



NEW DRUGS

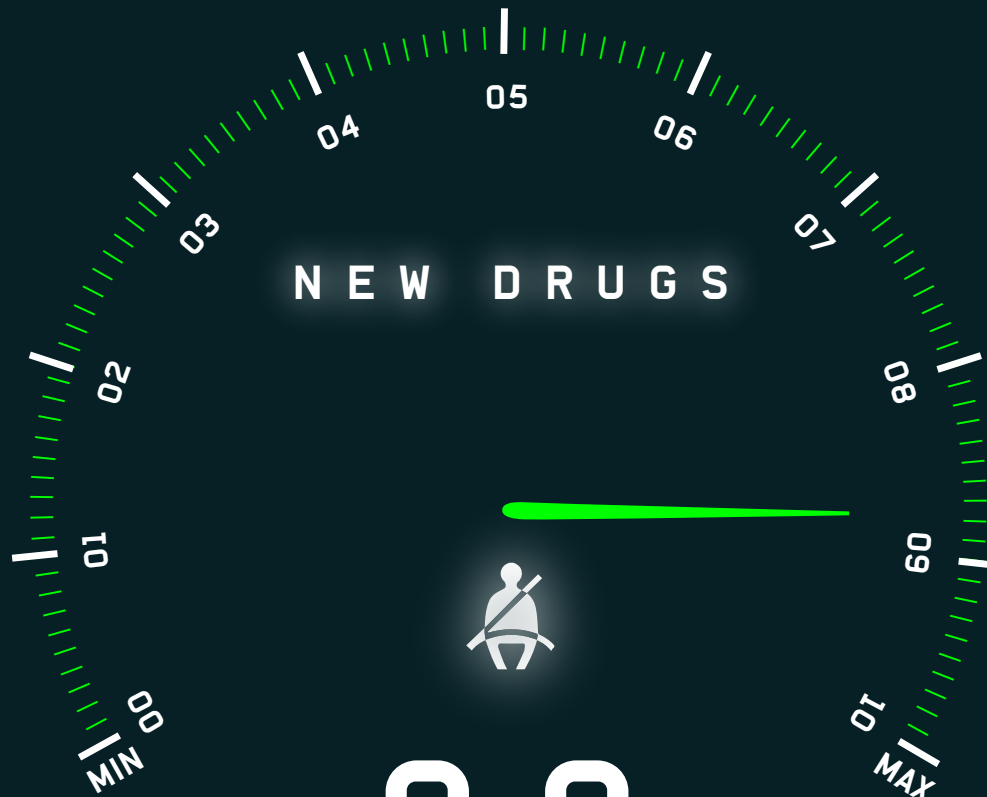


1

TAKE A TEST DOSE

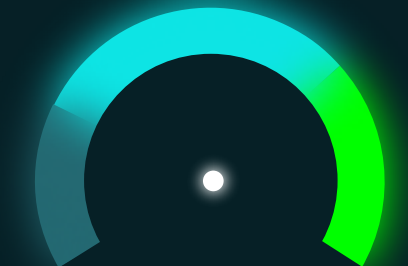


Users who usually do



8.8

Importance in reducing risk



Impact on
drug-related
pleasure



1

TAKE A TEST DOSE

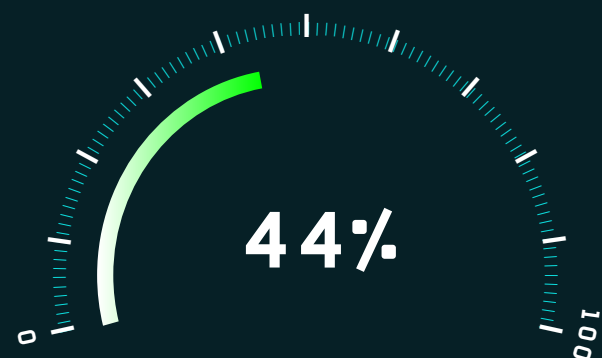
Take a 'test dose' by taking a quarter of a pill or a tiny fraction of the assumed dose and wait at least 60–90 minutes before re-dosing (taking another dose)

How to deal with no quality control. Knowing how strong your drug is can help you titrate (adjust/measure) your dose so hopefully you get the effect you want. Unknown drugs vary widely in potency, time to onset of effect and duration of action so you need to be super careful when starting out with something new or unknown. So test dosing (using a tiny dose or $\frac{1}{4}$ pill) and waiting for at least an hour and a half before re-dosing can help reduce your risk of taking too much of something nasty and give you some sort of clue as to the effect/potency of the drug you have taken. If you're with mates don't all take a new drug for the first time at the same time—find a willing 'guinea pig' and keep an on eye on him/her for an hour or two before the rest of you dive in.

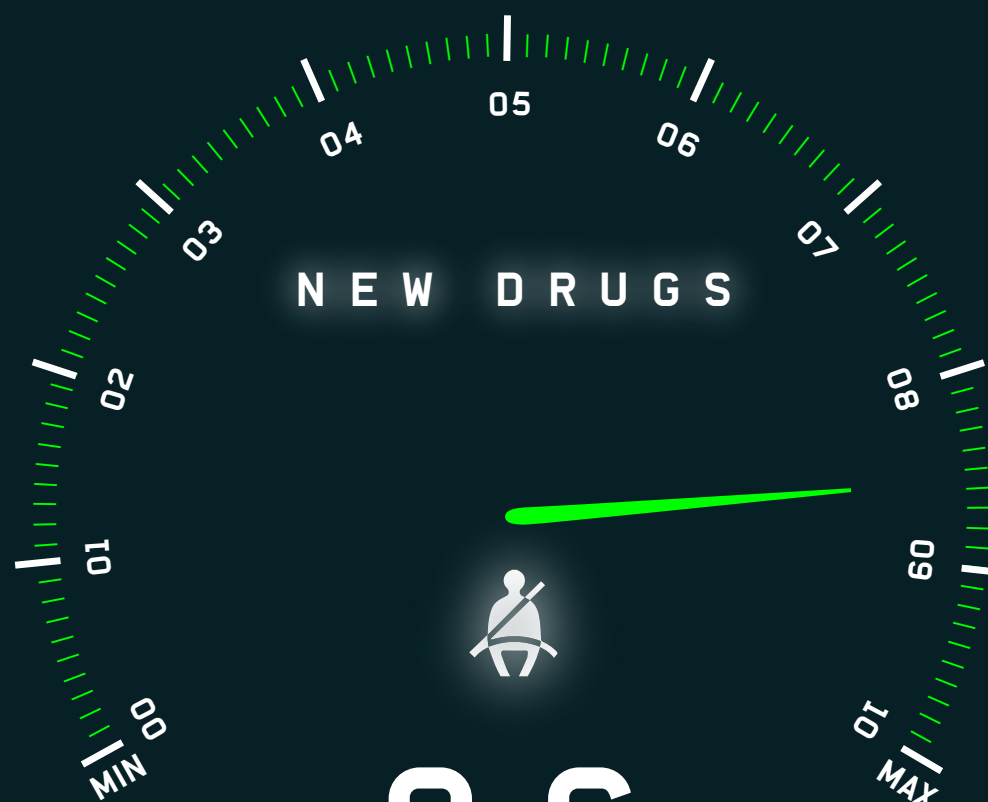


2

AVOID ALCOHOL/OTHER DRUGS

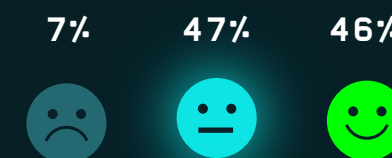


Users who usually do



8.6

Importance in reducing risk



Impact on
drug-related
pleasure



2

**NO ALCOHOL/
OTHER DRUGS
IN SYSTEM**

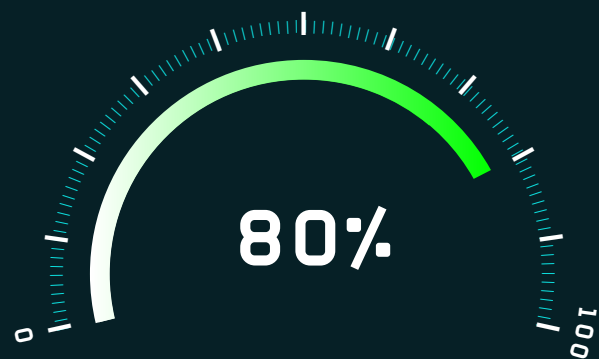
Avoid taking other drugs or alcohol in the hours following your first use with a new drug

The effects of mixing substances and the possible harms exist regardless of whether you drink alcohol or take drugs before or afterwards. The first time you try a new drug is like test driving a new car, you don't know how it will handle, so don't get intoxicated on something else. There's always next week to experiment!

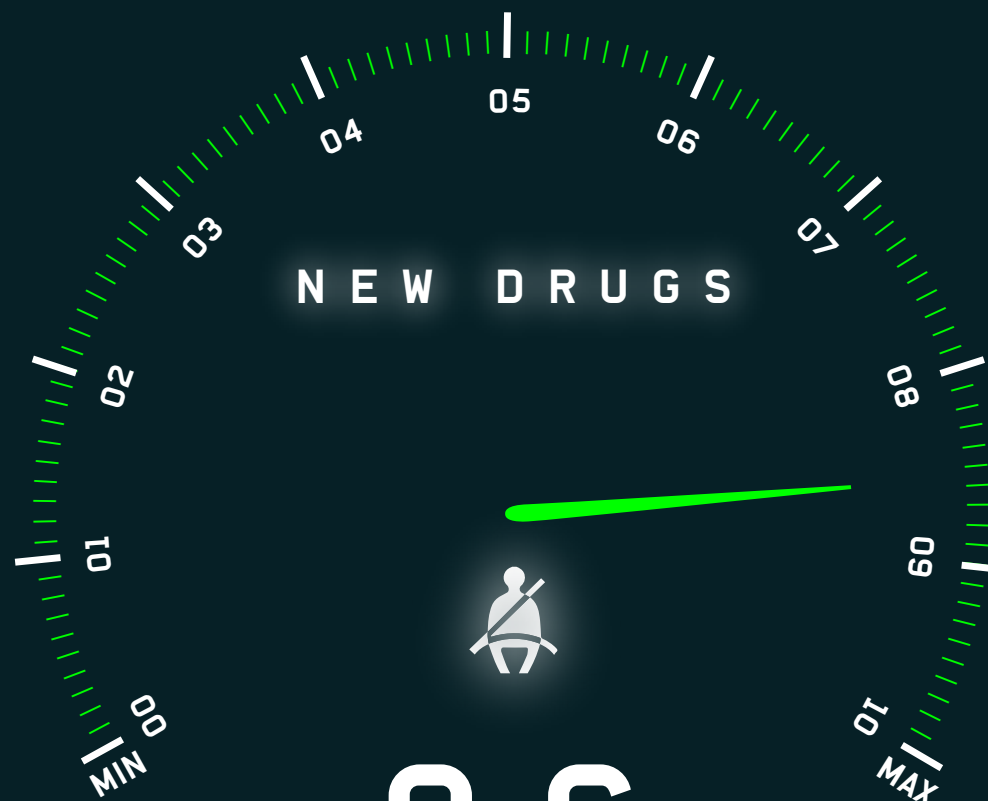


3

GET ADVICE FROM TRUSTED PRIOR USER

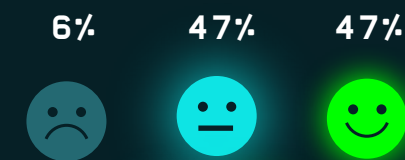


Users who usually do



8.6

Importance in reducing risk



Impact on
drug-related
pleasure



3

GET ADVICE FROM TRUSTED PRIOR USER

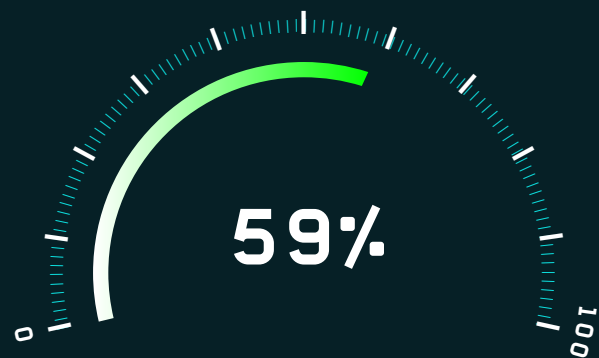
Talk to someone you trust who has taken the drug before to get advice on dose/effect and route of use before you first take it for the first time

Talk to someone who knows. We know that there is no more trusted source of drug information out there than mates. So talk to people. Try and find someone who has tried it before. Get the low down on the right dose to start off with, how to take it, what to expect and how long you can expect to feel intoxicated for.



4

RESEARCH DRUG ONLINE

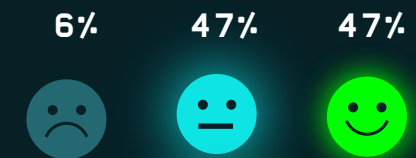


Users who usually do



8.6

Importance in reducing risk



Impact on
drug-related
pleasure



4

RESEARCH DRUG ONLINE

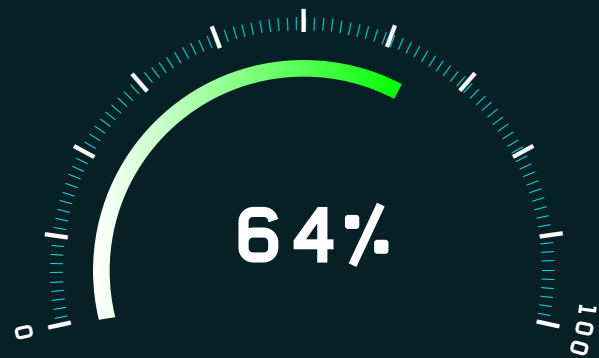
Research online to learn about dose, route, effect and the risks of a new drug before you try it

Knowledge is power. If you cannot find anyone you know who has used the drug before—first off ask yourself why? Do you really want to be the first one to try it? Go on-line—cross reference several sources online (erowid, bluelight, drugs-forum, wiki, Pub-Med) to learn about dose, route, effect and the risks of a new drug before you try it.

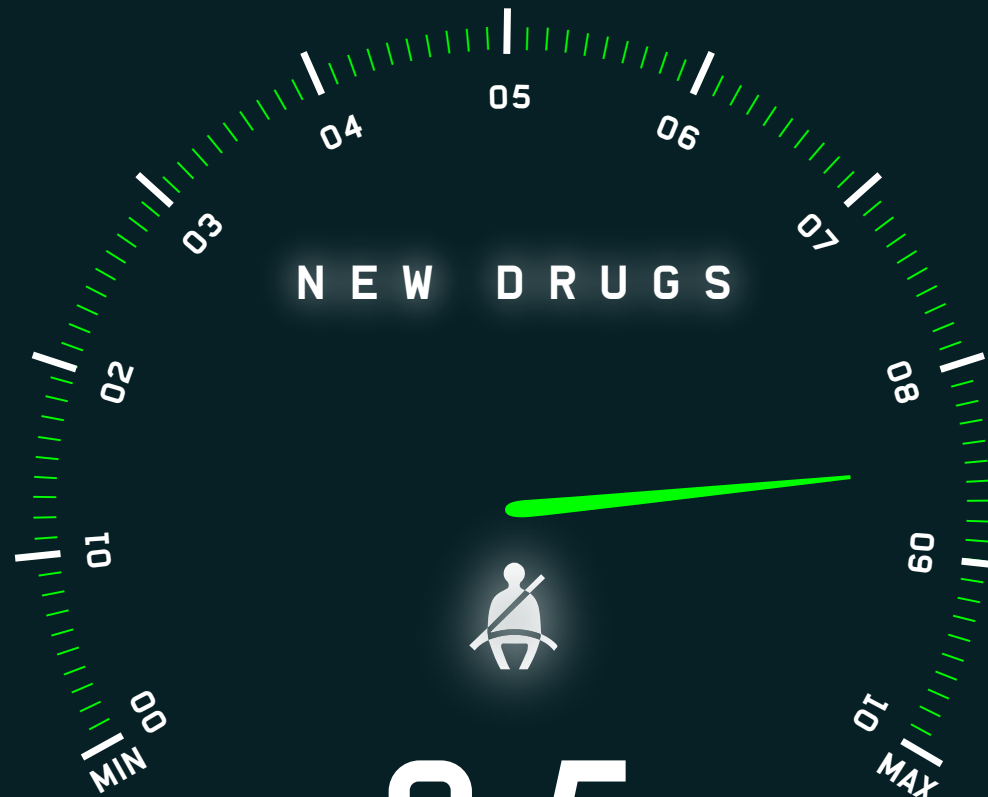


5

TRY IN SAFE PLACE

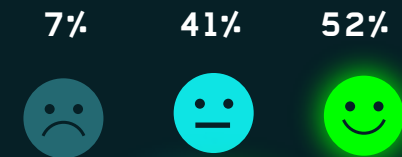


Users who usually do



8.5

Importance in reducing risk



Impact on
drug-related
pleasure



5

**TRY IN SAFE
PLACE**

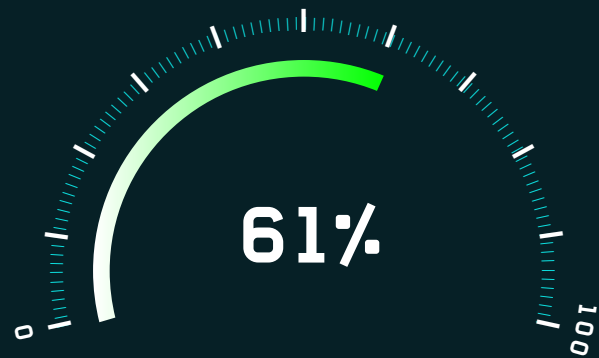
Make sure that you try a new drug for the first time at home or in another safe place

Home sweet home. Because new drugs can be unpredictable and on occasion can leave you confused, agitated or even unable to move or speak, make sure you're somewhere safe and familiar. Even walking downstairs or along the kerb can be tricky on some drugs. In fact, staying in your house (or somewhere equally familiar) seems to be the safest place to try a new drug—as long as there is someone with you.



6

TELL SOMEONE WHAT TAKEN

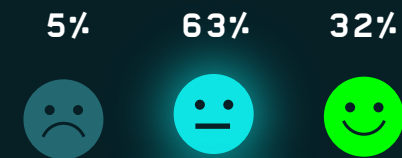


Users who usually do



8.1

Importance in reducing risk



5% 63% 32%



Impact on
drug-related
pleasure



6

**TELL SOMEONE
WHAT TAKEN**

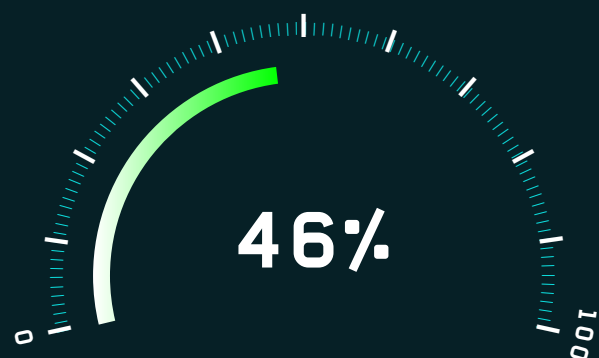
Make sure you tell someone else
what you think you have taken

Don't be shy. Telling someone what you think you have taken when using a new drug for the first time means that they can look after you or get help if you run into trouble.



7

AVOID DRUGS AND ALCOHOL BEFORE USE

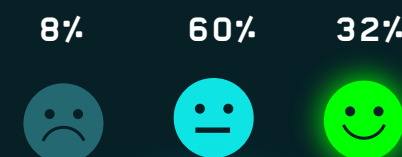


Users who usually do



8.1

Importance in reducing risk



Impact on
drug-related
pleasure



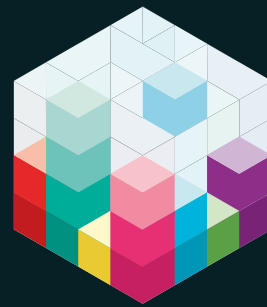
7

AVOID DRUGS AND ALCOHOL BEFORE USE

Make sure that you have no other drugs or alcohol in your system before trying a new drug for the first time

The risk of having a bad time on drugs increases if you use lots of different drugs or add alcohol. With experience people can learn to mix substances with less risk. But when you don't know anything about the drug, you won't know what mixing it with other drugs or alcohol will do. You also won't be able to judge what the effect of the new drug is if you're already intoxicated. So when trying a new drug for the first time keep it solo.





GLOBAL DRUG SURVEY