

## Crystal Meth-: Basics

Other names: 'Meth', 'Ice', 'Yaba', 'Tina', 'Crank'

- This drug is closely related to amphetamine but has a greater effect on the central nervous system.
- It is a powerful stimulant, which affects heart rate, blood pressure, body temperature, appetite, mood and attention.
- Methamphetamine is both produced for medicinal purposes and illicitly manufactured. However, is not a prescribed drug in the UK.
- Illicit methamphetamine is produced in tablet, powder or crystalline form.
- The powder is usually white, odourless, and bitter-tasting.
- Methamphetamine tablets may be mixed with drugs like ketamine and sold as ecstasy. 'Crystal meth', or 'ice', is a crystalline form of high-purity methamphetamine, and is translucent to white in appearance.
- May be taken orally, snorted, smoked or injected, and, less frequently, by anal administration.

### The effects:

Smoking or injecting methamphetamine produces

- An intense 'rush',  
The effects can last up to 12 hours.
- Alertness, reducing fatigue.
- Increases confidence
- Suppresses appetite.



### Risks

#### It is a highly addictive substance

- chest pains, irregular heartbeat, palpitations.
- dry mouth, nausea, vomiting, diarrhoea.
- Teeth grinding, twitching, repetitive behaviours, aggression, violence.
- agitation, paranoia, confusion, psychosis, hallucinations.
- Exhaustion. Insomnia. Acne. Tooth decay. Weight loss. Erectile dysfunction.

- Need more advice  
[www.drugscope.co.uk](http://www.drugscope.co.uk)  
[www.talktofrank.com](http://www.talktofrank.com)

#### Legal status

Please refer to [http: www.release.org.uk](http://www.release.org.uk) where information is kept up-to-date

## Crystal Meth—More Information

### Side effects and risks

**Cardiovascular:** racing heartbeat and/or palpitations, high blood pressure, chest pain.

**Gastrointestinal:** nausea, diarrhoea.

**Endocrinal:** increase in body temperature.

**Behavioural:** Teeth grinding, twitching, repetitive behaviours, aggression, violence. Sexually compulsive behaviour, which can lead to increased risk of sexually transmitted infections.

**Psychological/Emotional:** agitation, paranoia, confusion, psychosis, hallucinations. A common hallucination is called *formication*, and involves the sensation of insects crawling on or under the skin, and may result in skin-picking. Anxiety, depression, suicidal thoughts.

**Psychological dependence:** this is particularly likely if it is smoked or injected. While methamphetamine is not considered to be a physically addictive drug, users do tend to experience certain symptoms when they stop using, including depression, lethargy, muscle aches and rapid heartbeat.



**Driving** is dangerous on this substance

For further information please refer to

<http://www.brake.org.uk/index.php?p=913>

[www.drugdrive.co.uk](http://www.drugdrive.co.uk)

<http://www.rta.nsw.gov.au/roadsafety/drinkdriving/drugs/index.html>

### Other side effects

exhaustion. Insomnia. Acne. Tooth decay. Weight loss. Erectile dysfunction.

■ **Crystal Meth: Basics**

■ **Crystal Meth: More**

■ **Harm Minimisation**

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## **Harm Minimisation**

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