

# DIMETHYLTRYPTAMINE (DMT)

## WHAT YOU NEED TO KNOW

### What is it?

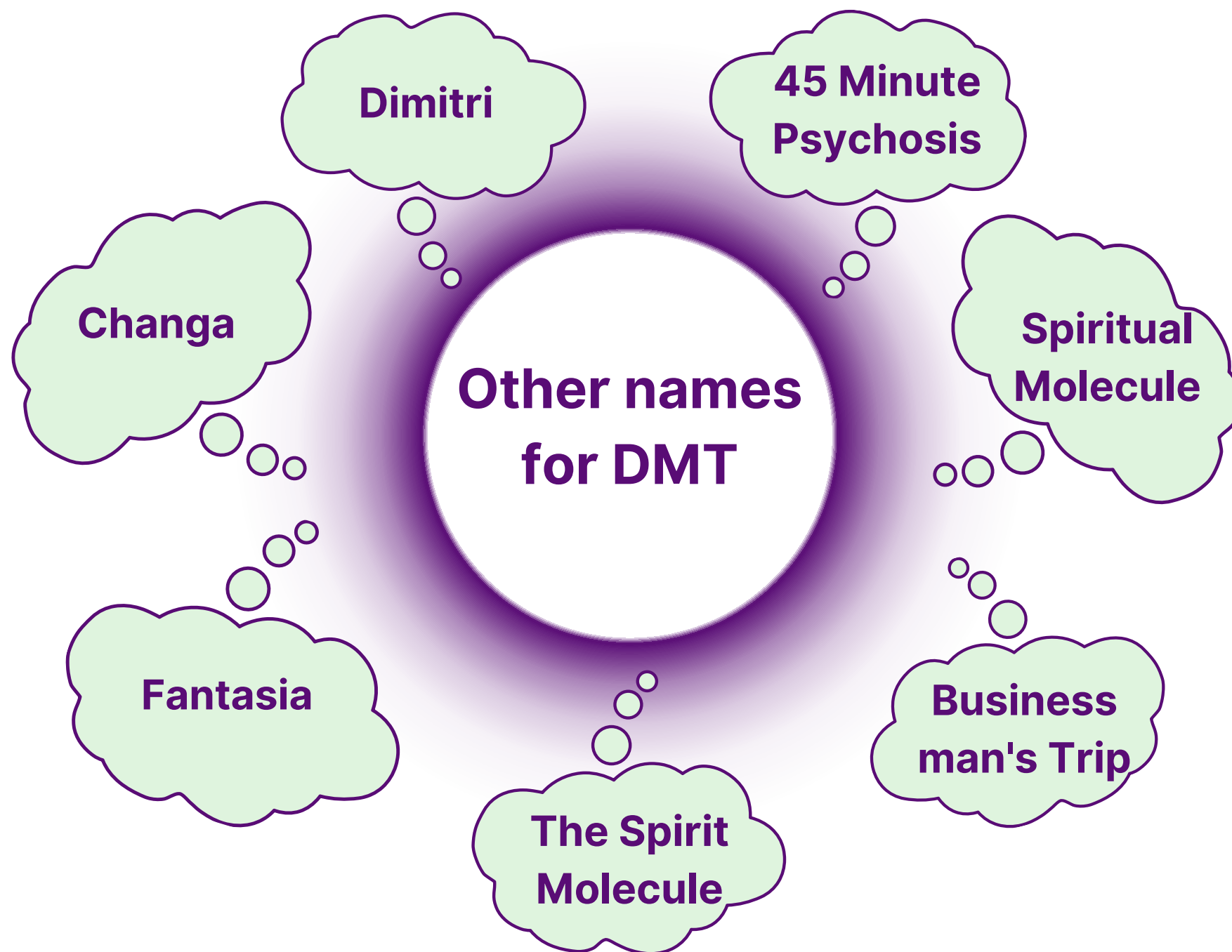
**DMT is a hallucinogen**



**Dimethyltryptamine (DMT)** is a hallucinogenic substance found naturally in many plants. It's the main ingredient in **ayahuasca**, a tea used for cultural rituals.

It is a very strong psychedelic. It can cause intense hallucinations and an "otherworldly" experience. DMT can also cause changes in perception, mood, and thinking.

DMT vapes are becoming more common. The effect of DMT is much shorter acting than other hallucinogens.

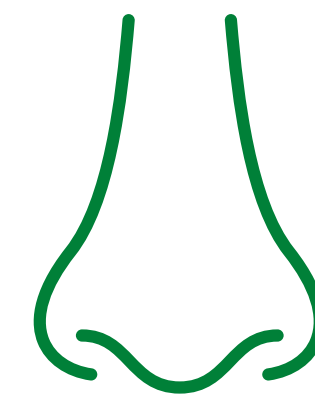
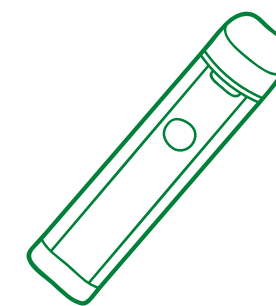


### How is it used?

**Inhaled:** Breathing in DMT using a vape or cigarette

**Snorted:** Inhaling DMT directly into the nostril.

**Oral:** Ingested as a tea.



### What are the effects?



The effects of DMT is commonly called going on a "trip". The type of trip depends on many factors, such as mood and environment. The effects of DMT can last 4-6 hours.



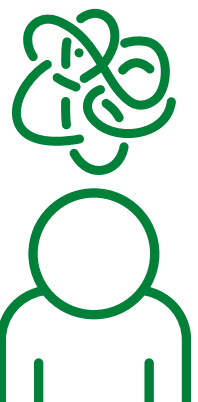
DMT hallucinations can cause a loss of reality. This increases the risk of accidental injury.



It can cause nausea, vomiting or diarrhea, especially if DMT is ingested.



Vaping DMT can cause irritation of the mouth, throat, and lungs. Other substances in the vape juice may lead to lung damage.



DMT can cause strong auditory and visual hallucinations. This can increase creativity, but can also cause intense anxiety.



Sometimes flashbacks from past DMT trips can occur- even when sober. This can occur days, weeks, months, or years later!

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## When do you seek emergency help?



**Bad trip:** A disturbing or frightening experience caused by DMT.

**Signs:** Feeling a loss of identity ("ego death"), extreme paranoia, disturbing hallucinations, and psychosis. These effects can sometimes last for days after using DMT.

**Get help right away!** Bad trips can lead to accidental injury and distressing flashbacks - even for weeks afterwards.

### Did you know?

**DMT is often laced with other substances to give it a more potent effect.**

**It is often hard to tell these added substances apart from DMT.**

**Some additives can lead to fatal overdoses! Always have a naloxone kit on hand in case it is laced with an opioid, like fentanyl.**



## Tips for Bad Trips

**Start low and go slow.** Large doses are a frequent cause of a bad trip.

**Mind your mood.** DMT can intensify feelings of anxiety and sadness. Use it when you're happy and relaxed!

**Have a "trip sitter".** A "trip sitter" is a sober person who can help guide you through any intense feelings you may have during a trip.

If you're having a bad trip, move to a calm environment and think about how this feeling will pass. Practise deep breathing.

## How to stay safer

- 1** **Avoiding DMT use** is the best way to stay safe, but that may not be realistic for everybody.
- 2** **Don't mix!** Mixing DMT with other substances can greatly increase your risk of serious side effects, including bad trips.
- 3** **Start slow.** Take only a small amount to see how it affects you. It is difficult to predict the strength and effects of DMT.
- 4** **Know your risk factors!** DMT can induce or worsen symptoms (e.g. mania, psychosis) of psychiatric conditions. A family history of psychiatric illness puts you at a higher risk.
- 5** **Moderate use.** Regular use can affect your health and relationships with others. It can lead to frequent, intense flashbacks.
- 6** **Use in a safe place.** Being in a secure, calm environment will lower the risk of accidental injury and anxiety. Have a ride arranged if you need to get home after using DMT.
- 7** **Don't do it alone.** Ask a trusted friend or family member to stay close by in case you need help.
- 8** **Timing matters.** Avoid using DMT if you have work or school.

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