

harm-reduction checklist

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# Mushrooms

Mushrooms can take 30 mins – 2 hrs to take effect and are usually eaten plain or mixed with foods, consumed in a Tea or swallowed in a gel cap

*  Most trips last 4-6 hours, with 2-6 hours of residuals

**Effects:** Euphoria, Giggling, Sensation/ insight/ enlightenment, Open/Closed Eye Visuals, More emotionally sensitive, Dilated pupils, More vivid memories, Feelings of fear/anxiety, Nausea/ vomiting, Working memory disruption, Trouble speaking, Can exacerbate pre-existing, mental health conditions

Harm Reduction Tips:

* Have you taken before? Do you know what to expect
* Who are you here with? Do you have a buddy
* Much to popular belief, non-neurotoxic (no holes in the brain!)
* Having an experienced sitter can greatly reduce likelihood of getting stuck in a difficult experience
* Setting intention and controlling the space one is in can lower chance of unprepared for difficult trip
* Know where the sanctuary is!
* Mixing with MDMA or MDMA like substances can increase the effects quite a bit

# Alcohol

Alcohol takes only a couple minutes to take effect, and is usually consumed orally. If chugged it can be difficult to know how it will hit you in a couple minutes.

* How long it lasts depends on how much you drink. Can take 12-24 hours to completely leave system.

**Effects:** Effects: Relaxation, Increased Sociability, Lowered inhibitions, Lowered social anxiety, Stumbling, Mild Visual Distortions, Higher doses increase likelihood of: Vomiting , Nausea , Blackouts , Dizziness + confusion ,Hangovers!

Harm Reduction Tips:

* When is the last time you ate/drank water? Eating food allows the alcohol to metabolize more slowly in your body
* Are you planning on taking any other drugs? Alcohol can be extremely dangerous when mixed with other downers such as GHB and Ketamine. Discuss ways to prevent harm from mixing such as timing doses, taking half doses etc.
* Are you here with buddy’s? Do you know where your tent/sanctuary/first aid tent is?
* If someone is passed out, turn them onto their side (preferably the recovery position) so they do not choke on their vomit
* **In all cases, calling First Aid is the best answer in terms of an physical OD**

# Cannabis

Cannabis can be smoked, or eaten. There are also sprays and oils that contain THC though less common.

* When smoked generally only takes a few minutes to kick in, and can last from 2-4 hours with longer after effects. If eaten it generally kicks in later (1-2 hours) and can last from 3-12 hours.

**Effects:** (can vary widely): Mood lift/happiness, Relaxation , Increased giggling/laughing , Pain Relief , “The Munchies” , Sense of time altered , Making things more novel, Anxiety , Coughing, “Psychological Dependence” , Fainting , Panic Attacks , Loss of dreaming

Harm Reduction Tips:

* Buddy System
* Know where the sanctuary is
* Consider holding off on cannabis if you have already taken other substances as this can greatly increase the mental effects of both and/or cause vomiting (alcohol and cannabis)

# LSD/Acid

LSD Is generally taken orally, however can absorb into any mucous membrane (eyes) or, though less likely, could absorb into skin from contact.

* 20 minutes to 1 hour onset, and can last from 6-11 hours. Effects vary greatly based on dosage to person

**Effects:** Mental + physical stimulation, Mood lift/ euphoria, Increased creative thinking , Open + Closed Eye Visuals , Stimulating , Feeling oneness with universe , Pupil Dilation , Increased heart rate , Quickly changing emotions , Circular thoughts , Anxiety , Insomnia, Over awareness

Harm Reduction Tips:

* Test for 25i-NBOME – often sold as LSD and is more dangerous (See below for more info)
* Having an experienced sitter to walk you through your experience can lower the likelihood of unexpected difficult trips.
* Have you tried LSD before? Discuss the importance of setting
* Start with lower dose, and then wait two hours before deciding to redose
* Know where the sanctuary is

# Ketamine

Ketamine Is generally taken nasally (snorting), however can be eaten and injected

* 2-15 minutes onset and can last from 30-60minutes. Effects vary greatly based on dosage to person

**Effects:** Effects (Low Dose): Pleasant mental/ body high , Increased euphoria , Slight disassociation of mind from body , Change in perception of time , Change in motor skills , Nasal Discomfort , Effects (Higher doses): , K-hole , Complete disassociation of mind from body , Shift in perception of reality , Open/closed eyed visuals , Loss of coordination , Susceptibility to accidents , numbness

Harm Reduction Tips:

* Don’t share straws if snorting, we have straws available. Explain that sharing straws can pass Hepatitis C
* Talk about possible adulterants
* Know where the sanctuary is
* We have been seeing a lot of MXE – longer onset so chance of re dosing before the substance has taken effect, has led people to experience ‘black out’ memory, chronic re dosing
* Mixing two downers increases risk for OD (GHB, Alcohol)
* Long term use can lead to “scraping of bladder”, which can cause significant long term bladder problems. Dosage required for damage currently unknown. Damage seems to be reversible if caught early. If someone is feeling pain in their bladder, it is recommended to desist usage until bladder has healed. Drinking water while consuming Ketamine, and for a few days afterwards might assist in lowering the likelihood of bladder scraping. When K-Pains occur, some users recommend cranberry juice!

# GHB

GHB is generally taken orally, under the tongue, can have a slightly salty taste and is odorless

* The effects are usually felt between ten minutes and one hour after ingestion. The primary effects last about 2-3 hours, but residual effects can last up to a whole day. The effects may not peak for up to two hours, and many overdoses have occurred from people not waiting long enough before taking more.
* It’s hard to find the proper dose with GHB. A teaspoon might be perfect one time, but an overdose the next time. It depends on body weight, how much food is in the stomach, and other random factors.

**Effects:** (lower doses) GHB has a euphoric effect similar to alcohol and can make the user feel relaxed, happy and sociable. (Higher doses) can make the user feel dizzy and sleepy and can sometimes cause vomiting, muscle spasms, and loss of consciousness. (Overdoses) will always cause loss of consciousness (temporary coma) and will slow down breathing. Sometimes, and particularly if mixed with alcohol, GHB can slow breathing down to a dangerously low rate, which has caused a number of deaths.

Harm Reduction Tips:

* Discuss the dangers of mixing GHB with alcohol and/or ketamine (but especially alcohol) and explain that the majority of overdoses have occurred with individuals who have taken GHB at festivals
* Discuss proper dosage and harm-reduction tools such as barrels to measure dosage
* Take less than planned, (1-3 mls instead of 5 mls) as it is impossible to anticipate the potency of GHB by look/smell/taste **WE HAVE 5 ML BARRELS AVAILABLE FOR FREE, OFFER ONE**
* Food coloring in GHB bottles so that no one accidently drinks the GHB
* Tell friends what you are taking, or draw a G on your hand with a sharpie in case an overdose occurs
* Wait two hours before re-dosing, try to set an alarm on the phone or watch. Wait 2-5 hours before doing other substances
* Drink water, know where the first aid tents are
* DON’T SHARE your GHB drink with someone if they don’t know that it’s in there. This could potentially lead to serious legal charges

# MDMA/Molly

MDMA can be taken orally (parachuted, licked, in drinks) can be snorted and can be absorbed in a mucous membrane. A normal dose is around 100-125 mg

* MDMA takes effect 20 to 40 minutes after taking a tablet, with little rushes of exhilaration which can be accompanied by nausea. 60 to 90 minutes after taking the drug, the user feels the peak effects. The effects of MDMA subside after about 3-5 hours.

**Effects:** MDMA is a “mood elevator” that produces a relaxed, euphoric state. Sensations are enhanced and the user experiences hightened feelings of empathy, emotional warmth, and self-acceptance. Users report that the experience is very pleasant and highly controllable. Even at the peak of the effect, people can usually deal with important matters. Increases a sense of empathy, or the sensation of understanding and accepting others.

Harm Reduction Tips:

* Always mention that it is more common to have adulterated MDMA than pure, and to expect it to be adulterated.
* Don’t share straws if snorting, we have straws available. Explain that sharing straws can pass Hepatitis C
* Some people experience depression after taking MDMA. Taking vitamins such as 5HTP can help to restore the serotonin in the body and reduce the time it takes to ‘feel normal’
* Some deaths have been linked to MDMA. These have usually been the result of heatstroke from dancing for long periods of time in hot clubs without replenishing lost body fluids. **Drink water!**
* Ask user if they are currently taking any anti-depreesants, or have within the last two weeks. A MAO Inhibitor is a type of prescription antidepressant. Some of the more common ones include Nardil, Parnate and Marplan. These drugs are very dangerous to combine with MDMA and can result in a potentially fatal condition known as “serotonin syndrome.” A number of people have died after consuming Ecstasy while currently taking a prescription MAO Inhibitor. Note: MAO Inhibitors are different from SSRIs. Serotonin reuptake inhibitors like Prozac, Paxil and Zoloft do not interact dangerously with MDMA. However, MDMA use may interfere with the effectiveness of SSRI medications.
* **Discuss PMMA** – we have been finding PMMA in substances. PMMA causes a hyperthermic reaction in a percentage of the population and can lead to death. If you are feeling hot and cannot cool down SEEK FIRST AID. In order to avoid PMMA overdose, it is recommended to start with small bumps first, and then wait. If your MDMA doesn’t feel strong, don’t take more as this is a factor of PMMA

# Meth/Amphetamines

Methamphetamine (Meth/Speed) can be swallowed, snorted, smoked, or injected. Swallowing is the safest method of using meth. The effects come on gradually and last longer than with other methods. Snorting meth takes effect faster than swallowing, but it can damage the nose. Smoking meth takes effect immediately and can more easily lead to addiction. Injecting is the riskiest method of using meth.

* Effects can come on right away & last 12+ hrs

**Effects** (Low doses): Increased focus, Increased motivation , More effective for complex tasks , Reduced appetite , Dilated pupils , Restlessness , Increased sociability (High Doses) , Euphoria , Headache , Blurred Vision , More effective for repetitive tasks , Increased sociability

Harm Reduction Tips:

* Start with lower doses
* Don’t share straws if snorting, we have straws available. Explain that sharing straws can pass Hepatitis C
* Take breaks between amphetamine usage
* Sleep! Not sleeping is bad for your brain!
  + Amphetamine hallucinations are not caused by the drug itself, but by a lack of sleep
* Drink Water/Eat before dosing
* Discuss adulterants , start with half doses (you can add to your high but can’t take away from it)
* Discuss the dangers of mixing two stimulants (methamphetamines and cocaine, mdma, caffeine)

# Cocaine

Cocaine can be taken orally, smoked (Crack) or injected. A typical snorted dose is between 30-70mg. Frequent users develop a tolerance for the drug and tend to use more.

* The effects come on gradually and peak after about 15-30 minutes, with a total duration of about an hour.

**Effects:** It causes a sudden increase in heart rate, blood pressure and breathing. It also leads to feelings of confidence, alertness and euphoria.

Harm Reduction Tips:

* Don’t share straws if snorting, we have straws available. Explain that sharing straws can pass Hepatitis C
* Cocaine is never pure in Canada, don’t expect it to be, there will always be adulterants
* Discuss levamisole: Most of the world’s cocaine is cut with levamisole a drug used to “deworm” people. Extremely frequent users will experience lowered immune system like effects from consistent use. Discuss our cocaine cuts test
* Cocaine + alcohol creates a new compound called cocaethylene which is potentially hepatoxic than alcohol and cocaine on their own. Mixing these two substances is more dangerous.
* Eat, Drink water, Rest!
* Discuss the risks of mixing with other stimulants such as MDMA and Methamphetamine
* Do you know where the sanctuary is

# Opiates (Heroin, Morphine, Oxy, Greeny)

Heroin can snorted, smoked (Crack) or injected. Frequent users develop a tolerance for the drug but lose tolerance after three days (leading to overdose when a person may use the same amount that they had prior

* The effects come on gradually and peak after about 15-30 minutes, with a total duration of about an hour.

**Effects:** The effects depend strongly on dose, purity, method of use, and tolerance. Heroin users report feelings of warmth, well-being, euphoria, contentment, pain relief, a dreamlike state and dulled emotion. Undesirable effects may include appetite loss, nausea and vomiting, constipation, itchiness, sweating, lack of orgasm in both men and women, slow, shallow breathing, lowered pulse and unconsciousness.

Harm Reduction Tips:

* **DISCUSS FENTANYL:** Please see page for Fentanyl
* Cocaine + alcohol creates a new compound called cocaethylene which is potentially hepatoxic than alcohol and cocaine on their own. Mixing these two substances is more dangerous.
* Eat, Drink water, Rest!
* Discuss the risks of mixing with other stimulants such as MDMA and Methamphetamine
* Do you know where the sanctuary is

# Fentynal

Given the extreme toxicity of fentanyl and the large increase in fentanyl-related deaths in past 12 months, we believe that there is an increased amount of the drug in circulation. We feel compelled to warn people who might potentially use these drugs of the increased danger, especially as they may be unaware of what they are taking.

RCMP and municipal police forces in BC have found illicitly manufactured fentanyl being sold in:

* Pill form sold as fake oxys  and other club drugs
* Powder form as heroin or fent
* Powder form mixed into other drugs (e.g. cocaine, crystal meth, etc)

Pills or powders containing illicitly-manufactured fentanyl are especially dangerous because there is no quality control or regulated manufacturing process. These drugs may contain toxic contaminants or have different levels of fentanyl in each batch. Even pills produced in the same batch may have little to lethal levels of fentanyl.

**UPDATE:** In a recent study conducted by the BCCDC, clients at 17 participating harm reduction sites were asked to complete an anonymous questionnaire describing what drugs they used within the last three days and provide a urine sample to test for fentanyl. Nearly 30% of participants tested positive for fentanyl even though 73% did not report using it. Read the [research summary here](http://towardtheheart.com/assets/uploads/files/Research%20Summary%20_FUSS_20150629%20FINAL.pdf).

# PREVENTION & RESPONSE

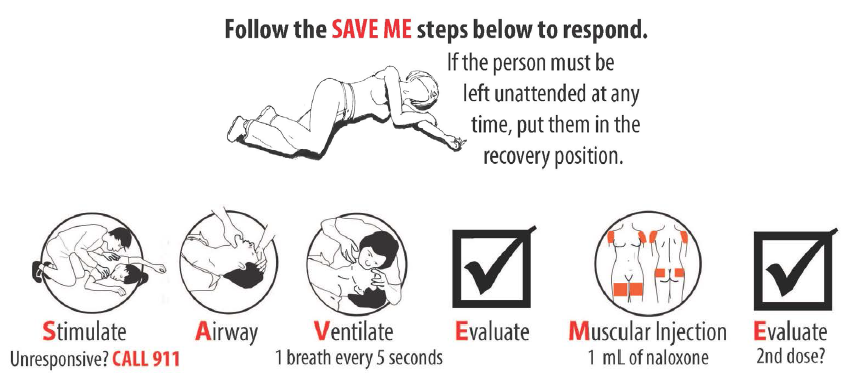
**Recognizing A Fentanyl (or opioid) Overdose**

A fentanyl overdose looks the same as any other opioid overdose. Early signs of fentanyl overdose include severe sleepiness, slow heartbeat, difficulty breathing, cold/clammy skin, and trouble with walking or talking. Click images for more info.

**Responding To A Fentanyl (or opioid) Overdose**

[***If an overdose is suspected, call FIRST AID immediately.***](http://www.bcas.ca/services/9-1-1-response/)Explain that you have a medical emergency [i.e. person is not responsive & not breathing].

While you are waiting for an ambulance to arrive, follow the SAVE ME protocol

[](http://towardtheheart.com/assets/naloxone/save-me-poster-centered-20120829_121.pdf)

**Preventing an Overdose**

Follow these tips to reduce the chance of experiencing an overdose:

* + Don’t use alone
  + Start with a small amount
  + Mixing substances, including alcohol, increases risk of overdose
  + Call 911 right away if someone overdoses [e.g. has difficulty breathing or loses consciousness]
  + Make a plan/know how to respond in case of OD.
  + Use where help is easily available (e.g. Insite, around other people)
  + Be prepared to give breaths and/ or administer naloxone (Narcan) until help arrives
  + Overdose response training and naloxone kits are available [here](http://towardtheheart.com/site-locator)

Use caution even when handling fentanyl as it can be absorbed through the skin or mucous membranes. Avoid touching your eyes, nose or mouth if you get any on your skin since even small quantities absorbed through skin & mucous membranes can cause serious adverse reactions, including death.

# Research Chemicals

### 25i-NBOME

### 25I-NBOMe effects usually last 6–10 hours if taken sublingually or buccally.[16] When it is insufflated, effects usually last 4–6 hours.[16] However, effects can last significantly longer depending on dosage; durations longer than 12 hours have been reported.

### Desired

* strong open- and closed-eye [visuals](https://en.wikipedia.org/wiki/Hallucination), including trails, color shifts, brightening, etc, mood lift, [euphoria](https://en.wikipedia.org/wiki/Euphoria), mental and physical [stimulation](https://en.wikipedia.org/wiki/Stimulation), increase in associative & creative thinking, increased awareness & appreciation of music, life-changing spiritual experiences, feelings of [love](https://en.wikipedia.org/wiki/Love) and [empathy](https://en.wikipedia.org/wiki/Empathy), increased pattern recognition (psychology), [synesthesia](https://en.wikipedia.org/wiki/Synesthesia) and [chromesthesia](https://en.wikipedia.org/wiki/Chromesthesia) (intensified for those who experience these while sober)

### Neutral

* general change in [consciousness](https://en.wikipedia.org/wiki/Consciousness), [pupil dilation](https://en.wikipedia.org/wiki/Mydriasis), unusual body sensatiom, ([paresthesia](https://en.wikipedia.org/wiki/Paresthesia),[flushing](https://en.wikipedia.org/wiki/Flushing_(physiology)), [chills](https://en.wikipedia.org/wiki/Chills), [goose bumps](https://en.wikipedia.org/wiki/Goose_bumps)), change in perception of time, time dilation, [increased](https://en.wikipedia.org/wiki/Tachycardia) heart rate, jaw clenching ([bruxism](https://en.wikipedia.org/wiki/Bruxism)), [yawning](https://en.wikipedia.org/wiki/Yawning), especially when coming up, [insomnia](https://en.wikipedia.org/wiki/Insomnia), looping, [recursive](https://en.wikipedia.org/wiki/Recursion), out-of-control thinking, [dissociation](https://en.wikipedia.org/wiki/Dissociative)

### Undesired (Includes negative side effects arising from overdose; likelihood of negative side effects increases with dose)

### [confusion](https://en.wikipedia.org/wiki/Confusion) and difficulty focusing, scrambled communication, tunnel vision, [vasoconstriction](https://en.wikipedia.org/wiki/Vasoconstriction), [nausea](https://en.wikipedia.org/wiki/Nausea) and vomiting (normally only during the onset for those affected), [paranoia](https://en.wikipedia.org/wiki/Paranoia), [fear](https://en.wikipedia.org/wiki/Fear), and [panic](https://en.wikipedia.org/wiki/Panic), unwanted and overwhelming feelings or life-changing spiritual experiences, [syncope](https://en.wikipedia.org/wiki/Syncope_(medicine)), [shaking](https://en.wikipedia.org/wiki/Tremor), [dystonia](https://en.wikipedia.org/wiki/Dystonia), [clonus](https://en.wikipedia.org/wiki/Clonus) and seizure, [death](https://en.wikipedia.org/wiki/Death) (19 Linked to three compounds including 25I-

# 6-APB

6-(2-aminopropyl)benzofuran or 1-benzofuran-6-ylpropan-2-amine (6-APB), also known as *Benzofury,* is an[entactogenic](https://en.wikipedia.org/wiki/Empathogen-entactogen) compound of the [phenethylamine](https://en.wikipedia.org/wiki/Phenethylamine) and [amphetamine](https://en.wikipedia.org/wiki/Substituted_amphetamine) classes. It is a [recreational drug](https://en.wikipedia.org/wiki/Recreational_drug) that is [similar in structure](https://en.wikipedia.org/wiki/Structural_analog) to [MDA](https://en.wikipedia.org/wiki/3,4-methylenedioxyamphetamine), but differs in that the 3,4-[methylenedioxyphenyl](https://en.wikipedia.org/wiki/Methylenedioxy) [ring](https://en.wikipedia.org/wiki/Functional_group) system has been replaced with a [benzofuran](https://en.wikipedia.org/wiki/Benzofuran)ring. 6-APB is also the unsaturated benzofuran derivative of [6-APDB](https://en.wikipedia.org/wiki/6-APDB). While the drug never became particularly popular, it briefly entered the rave and underground clubbing scene in Britain before its sale and import were banned.

6-APB succinate reacts with the [marquis reagent](https://en.wikipedia.org/wiki/Marquis_reagent) to give a deep indigo purple, almost black in concentrated areas after 10 seconds.[ There is some fizzing but no smoke

When taken orally (usually in the form of pills or powder) at recreational doses, 6-APB takes effect within 30 to 60 minutes.[ After this time, users report a feeling a sense of [euphoria](https://en.wikipedia.org/wiki/Euphoria) and energy.[ Effects plateau after approximately 2 hours, and effects may last up to 10 hours after initial administration. Users have also reported very strong feelings of [empathy](https://en.wikipedia.org/wiki/Empathy) towards others, as well as musical euphoria (that is, a strong connection with the particular music they are listening to).

# 5-MAPB

5-MAPB (1-(benzofuran-5-yl)-*N*-methylpropan-2-amine) is an [entactogenic](https://en.wikipedia.org/wiki/Entactogen) [designer drug](https://en.wikipedia.org/wiki/Designer_drug) which is structurally related to [5-APB](https://en.wikipedia.org/wiki/5-APB), [MDMA](https://en.wikipedia.org/wiki/MDMA) and [methamphetamine](https://en.wikipedia.org/wiki/Methamphetamine).[[1]](https://en.wikipedia.org/wiki/5-MAPB#cite_note-ACMD_report-1) It has similar effects to these drugs in humans and has been used as a [recreational drug](https://en.wikipedia.org/wiki/Recreational_drug).

Little formal knowledge exists on 5-MAPB. User reports suggest effects similar to [MDMA](https://en.wikipedia.org/wiki/MDMA), 5-MAPB shares structural relation to [MDMA](https://en.wikipedia.org/wiki/MDMA), however it is unlikely to produce the metabolite speculated by some to be the major factor in the[neurotoxicity](https://en.wikipedia.org/wiki/Neurotoxin) of MDMA; [2,5-bis-(glutathion-S-yl)-alpha-methyldopamine](https://en.wikipedia.org/wiki/2,5-bis-(glutathion-S-yl)-alpha-methyldopamine) or the major psychedelic metabolite [MDA](https://en.wikipedia.org/wiki/MDA).[[5]](https://en.wikipedia.org/wiki/5-MAPB#cite_note-5)[[6]](https://en.wikipedia.org/wiki/5-MAPB#cite_note-6)[[7]](https://en.wikipedia.org/wiki/5-MAPB#cite_note-7)A study in rats indicated that the major metabolites of 5-MAPB are 5-APB and 3-carboxymethyl-4-hydroxymethamphetamine.[[8]](https://en.wikipedia.org/wiki/5-MAPB#cite_note-8)

# MDPV

Methylenedioxypyrovalerone (MDPV) is a [psychoactive](https://en.wikipedia.org/wiki/Psychoactive_drug) [recreational drug](https://en.wikipedia.org/wiki/Recreational_drug) with [stimulant](https://en.wikipedia.org/wiki/Stimulant) properties which acts as a[norepinephrine-dopamine reuptake inhibitor](https://en.wikipedia.org/wiki/Norepinephrine-dopamine_reuptake_inhibitor) (NDRI).[[1]](https://en.wikipedia.org/wiki/Methylenedioxypyrovalerone#cite_note-SimmlerBuser2012-1) It was first developed in the 1960s by a team at Boehringer Ingelheim.[[2]](https://en.wikipedia.org/wiki/Methylenedioxypyrovalerone#cite_note-2) MDPV remained an obscure stimulant until around 2004 when it was reportedly sold as a [designer drug](https://en.wikipedia.org/wiki/Designer_drug). Products labeled as [bath salts](https://en.wikipedia.org/wiki/Bath_salts_(drug)) containing MDPV were previously sold as recreational drugs in gas stations and convenience stores in the [United States](https://en.wikipedia.org/wiki/United_States), similar to the marketing for [Spice](https://en.wikipedia.org/wiki/Spice_(drug)) and [K2](https://en.wikipedia.org/wiki/K2_(drug)) as incense.[[3]](https://en.wikipedia.org/wiki/Methylenedioxypyrovalerone#cite_note-3)[[4]](https://en.wikipedia.org/wiki/Methylenedioxypyrovalerone#cite_note-4)

Incidents of psychological and physical harm have been attributed to MDPV use.[[5]](https://en.wikipedia.org/wiki/Methylenedioxypyrovalerone#cite_note-5)[[6]](https://en.wikipedia.org/wiki/Methylenedioxypyrovalerone#cite_note-6)

### Desired psychological effects

* [Euphoria](https://en.wikipedia.org/wiki/Euphoria), Increased alertness and awareness, [Increased wakefulness and arousal](https://en.wikipedia.org/wiki/Arousal), Increased energy and motivation, Mental stimulation/increased concentration, Increased sociability, Mild [empathogenic](https://en.wikipedia.org/wiki/Empathogen-entactogen) effects, Diminished perception of the requirement for food and sleep

### Description of effects

The primary psychological effects have a duration of roughly 3 to 4 hours, with after effects such as [tachycardia](https://en.wikipedia.org/wiki/Tachycardia), [hypertension](https://en.wikipedia.org/wiki/Hypertension), and mild [stimulation](https://en.wikipedia.org/wiki/Stimulation) lasting from 6 to 8 hours.[[12]](https://en.wikipedia.org/wiki/Methylenedioxypyrovalerone#cite_note-DEA_MDPV_report-12) High doses have been observed to cause intense, prolonged [panic attacks](https://en.wikipedia.org/wiki/Panic_attack) in stimulant-intolerant users,[[12]](https://en.wikipedia.org/wiki/Methylenedioxypyrovalerone#cite_note-DEA_MDPV_report-12) and there are anecdotal reports of [psychosis](https://en.wikipedia.org/wiki/Psychosis)from sleep withdrawal and [addiction](https://en.wikipedia.org/wiki/Drug_addiction) at higher doses or more frequent dosing intervals.[[12]](https://en.wikipedia.org/wiki/Methylenedioxypyrovalerone#cite_note-DEA_MDPV_report-12) It has also been repeatedly noted for inducing strong [cravings](https://en.wikipedia.org/wiki/Craving_(withdrawal)) to re-administer.[[12]](https://en.wikipedia.org/wiki/Methylenedioxypyrovalerone#cite_note-DEA_MDPV_report-12)[[13]](https://en.wikipedia.org/wiki/Methylenedioxypyrovalerone#cite_note-ACMD:_Consideration_of_the_cathinones-13) Users have reported a compulsive desire to continuously re-dose, even following onset of the unpleasant [side effects](https://en.wikipedia.org/wiki/Side_effects) induced by prolonged use and higher doses.[[*citation needed*](https://en.wikipedia.org/wiki/Wikipedia:Citation_needed)]

Reported modalities of intake include oral consumption, [insufflation](https://en.wikipedia.org/wiki/Insufflation_(medicine)), [smoking](https://en.wikipedia.org/wiki/Smoking), [rectal](https://en.wikipedia.org/wiki/Rectal) and [intravenous](https://en.wikipedia.org/wiki/Intravenous) use. It is supposedly active at 3–5 mg, with typical doses ranging between 5–20 mg.[[12]](https://en.wikipedia.org/wiki/Methylenedioxypyrovalerone#cite_note-DEA_MDPV_report-12)

4ACO DMT

*O*-Acetylpsilocin (also known as psilacetin, 4-acetoxy-DMT, or 4-AcO-DMT) is a synthetically produced[psychoactive drug](https://en.wikipedia.org/wiki/Psychoactive_drug) and has been suggested by [David Nichols](https://en.wikipedia.org/wiki/David_E._Nichols) to be a potentially useful alternative to [psilocybin](https://en.wikipedia.org/wiki/Psilocybin) for pharmacological studies, as they are both believed to be [prodrugs](https://en.wikipedia.org/wiki/Prodrug) of [psilocin](https://en.wikipedia.org/wiki/Psilocin).[[2]](https://en.wikipedia.org/wiki/O-Acetylpsilocin#cite_note-Nichols_1999_935.E2.80.93938-2) However, some users report that *O*-acetylpsilocin's subjective effects differ from that of psilocybin and psilocin.[[3]](https://en.wikipedia.org/wiki/O-Acetylpsilocin#cite_note-erowid1-3) It is the [acetylated](https://en.wikipedia.org/wiki/Acetyl) form of the [psilocybin mushroom](https://en.wikipedia.org/wiki/Psilocybin_mushroom) [alkaloid](https://en.wikipedia.org/wiki/Alkaloid) [psilocin](https://en.wikipedia.org/wiki/Psilocin) and is a lower [homolog](https://en.wikipedia.org/wiki/Homologous_series) of [4-AcO-DET](https://en.wikipedia.org/wiki/4-Acetoxy-DET), [4-AcO-MiPT](https://en.wikipedia.org/wiki/4-AcO-MiPT) and [4-AcO-DiPT](https://en.wikipedia.org/wiki/4-Acetoxy-DIPT).

### Positive

* Brightened colors / enhanced visual perception, Introspection and philosophical insights, Stimulation/ sensation / tingling (serotonin system), Euphoria, Perceptual enhancement, Empathy, Sexual arousal

### Neutral

* Coldness/cold sensations, [Mydriasis](https://en.wikipedia.org/wiki/Mydriasis), [Hyperarousal](https://en.wikipedia.org/wiki/Hyperarousal), Colour alteration/fluorescent patterns/tracers, Time dilation and nonlinearity, [Synesthesia](https://en.wikipedia.org/wiki/Synesthesia), Dissociation (only at very high doses), Sedation / [Somnolence](https://en.wikipedia.org/wiki/Somnolence) , Lethargy, fatigue, Auditory hallucinations

### Negative effects

* Mild to severe [anxiety](https://en.wikipedia.org/wiki/Anxiety), Shivering, Paranoia, Stomach discomfort, Insomnia, Overly-intense experience (at high doses), Overwhelming ideas and/or [racing thoughts](https://en.wikipedia.org/wiki/Racing_thoughts), Difficulty speaking, Motor impairment, [vertigo](https://en.wikipedia.org/wiki/Vertigo), Confusion, Significantly elevated heart rate, Hypothermia