

How to reduce risks with the new psychoactive substances (NPS)

INFORMATION

Information is the keyword to reduce the risks related to NPS, also called Research Chemicals (RC) or legal highs (legal euphoriant).

Before taking an NPS, it can be helpful to get some information on "Erowid", an immense data base on psychoactive products, and to consult the trip reports on the French-speaking user forums like [Psychonaut](#), [Lucid State](#), [Psychoactive](#), or the English-speaking ones like [Bluelight](#) or [Drugs - Forum](#).

User forums have developed specific harm reduction strategies for NPS, in which the testimonies of users (called trip reports)), figure strongly.

The first reflex when you lack information on a product is to learn more on websites like Erowid for example, where factsheets on the majority of molecules give you the recommended doses, the expected effects, the trip-reports, and the legal status... That's the basis.

- (Source, Sludge, Psychoactive)

The PURCHASE

One can find everything and anything on the online commercial websites which sell NPS.

Many are scams intended to steal your credit card number.

In the jargon of the NPS, these sites are called "scams".

Here is some advice taken from Psychonaut to avoid scams:

- Never believe the purity levels of the product, and this advice is also true for the good vendors. Avoid all the sites which advertise an impressive 99, 9% purity.
- Be wary of ridiculously low prices, it is often a bad sign.
- The sites that offer heroin, MDMA and other illicit drugs are scams.
- Avoid the sites with flashy, seducing images.
- Choose the sites which mention the CAS numbers of the molecules
- Stay away from the sites which propose more than twenty substances.
- Avoid like the plague the online classified sites (alibaba & Co)

There is a site to detect if a NPS sale website is reliable or not.

Always check it before buying: <https://safeorscam.com/>

"As far as Safeorscam goes, if a site does not score between 9 and 10, pass it up... (It should have a lot of comments, not just a few). Look at the number of comments and especially the comments of the last 30 days."

- (Source, jhi-dou, Psychoactive)

The USE

The test

Allergies to NPS are rare, but they are possible. Because of that, but also to test the quality (purity, is this the good NPS?), **it is necessary to always test a new batch of NPS.**

An amount between 200 and 600µg, (0.2-0.6mg), (not much really) should be physiologically bearable, even for the more powerful NPS.

After the test, you should wait at least one hour, or the following day for more safety.

The setting (context)

For the psychedelic NPS especially, and even more so if it is the first time, it is better to be with a person you trust, who won't take anything, and/or has already tried out this product. It is better to be in a safe place, with a

small group, and to not be stressed. You need to also think of hydrating regularly. Do not carry on an activity with responsibility, and do not drive.

The amount

With NPS the difference between a normal amount and an overdose is sometimes minimal compared to other illicit drugs. It can go from a few hundred micrograms to several hundred milligrams.

In any case, one cannot evaluate the NPS with the eye contrary to "street drugs". **One needs at least a scale to the milligram.**

After the test, **if it is the first time that you take some of that batch, you should aim for the minimal amount for an effect, (see on user's forums or Erowid), preferably in a parachute.**

Modes of consumption

The NPS are taken orally, by sniffing, smoking, or by IV injection.

The effects (and thus the dosages) strongly differ from a mode of consumption to the other. For sniffing for example, it is imperative to divide the dose by 3 compared to the parachute, at the risk of a big hit.

Moreover, a sniff of NPS can be very aggressive for nasal mucous membranes. It is rather advised to consume them in a parachute.

Avoid mixes

Like for MDMA, **many the NPS can induce a "serotonergic syndrome"** (a potentially lethal disorder of the central nervous system chemical balance due to a serotonin excess at the cerebral level) which can be fatal in case of overdose on some of these molecules and/or mixes with other drugs or food.

The risk is particularly important on mixes involving the taking of an MAOIs. Certain antidepressants are part of it but not only. For example the 2C-T-7 is an MAOI, the aMT is an MAOI...

To mix a MAOI and a product acting on serotonin, is to expose oneself to the very strong risk of a serotonergic syndrome that can lead to death. To mix two products which act on serotonin in a standard way can also induce a serotonine syndrome if doses are not reduced.

For example be careful with MXE. If the combo Keta/MDMA is considered "safe" enough physically, it is not the same with the combo MXE/MDMA because if Ketamine does not act on Serotonine, MXE does.

- (Source, Sludge, Psychoactive)

GLOSSARY

trip report: a trip report is a descriptive account of a person's experiences while taking one or more drugs (effects, dosing, mode of consumption, Secondary effects, redrop, setting...). These accounts are shared on line in the user's Communities and are helpful as starting point for other people wishing to take these drugs, so that they can prepare and reduce the risks .

Scam: an NPS online sale site that is a scam.

batch: a quantity of NPS synthesized in one go. A batch can be more or less dosed in active substance depending on the chemist's success with the synthesis. That is why

On the NPS market, the same product can have different qualities, even when sold by the same vendor.

drop/redrop: consumption of a product/ repeated

pellet: a pill.

plateau: intensity reached after the peak. Then the descent comes...

parachute : product packed in paper (often in OCB cigarette sheets) that one swallows with water (or alcohol).

street drugs: the street drugs are drugs that are found in the streets, by opposition to the ones found on Internet like the NPS. They are the better known drugs, like heroin, cocaine...

setting: context of drug use. It can be @home (inside) or outside.

bodyload: effect of the substance on the body.

ROA: Route of Administration. Mode of consumption used for the trip report.

Drip: While taken nasally, the product and its "leftovers" which run from the nose to the throat.