



# AMPHETAMINES

DrugWise

Speed, sulph, sulphate, uppers, wake ups, whizz, whites, base, Methylphenidate, Ritalin, Dexamphetamine, Dexedrine

Methamphetamine, methylamphetamine, meth, ice, Nazi crank, ya ba, 'P', product

Amphetamines are synthetic stimulants that usually come as a white, grey, yellowish or pink powder.

Purity is generally less than 15%, with the remainder of the product consisting of powders like glucose, vitamin C, caffeine or aspirin etc.

Amphetamines increase energy levels and alertness. Users may feel more confident, happy, powerful and creative.

Powders are snorted, mixed in a drink, or by some users, prepared for injecting.

A stronger form of the drug is methamphetamine which comes as a powder, crystals (known as ice) or in tablet form. Methamphetamine can be smoked on foil or in a pipe, as well as swallowed or sniffed.



## The law



Most amphetamines are controlled as Class B drugs under the Misuse of Drugs Act. Maximum penalties for possession are 5 years imprisonment plus a fine, and for supply they are 14 years imprisonment and a fine.

Methamphetamine is a class A drug. Possessing methamphetamine leads to a maximum sentence of 7 years and/or a fine. Possession with intent to supply, supplying and production all have a maximum sentence of life imprisonment and/or a fine. However, maximum sentences are unlikely to be given in practice.

## Prevalence

According to Home Office statistics published in 2016, around 1 in 10 adults aged 16 to 59 in England and Wales said they had used amphetamine at some point in their lives (10.3%). 0.6% of 16 to 59 year olds said they had used amphetamines in the last year. This makes amphetamine the fourth most popular illegal drug.



## Risks and harm reduction

Regular amphetamine use can lead to problems eating and sleeping, as well as feelings of anxiety and paranoia and a lowered resistance to infection.

It is important to eat well and keep hydrated when using amphetamine which is an appetite suppressant and can cause the body to overheat.

Stimulants can put a strain on your circulatory system by increasing heart rate so avoid mixing with other stimulant drugs and always start with a low dose.

Injecting amphetamine is particularly dangerous as a high dose may be taken in one go. The drug is often very impure and should be filtered prior to injecting. If injecting requirement is shared there is the risk of infection such as HIV or hepatitis.

Heavy amphetamine use is associated with teeth grinding and resultant dental problems.