



# *HOT Sheet*

## **DMT** (Dimethyltryptamine)

- A powerful hallucinogen, producing effects similar to psychedelics
- Originally sourced from Amazonian plants or the venom of the Sonoran Desert Toad but is now produced synthetically.
- Comes in crystalline form and can be smoked from a pipe or bong, vaporized, injected, or snorted.
- The effects can last anywhere between 10 minutes to 4 hours, depending on the amount taken, the form of use, and other factors.
  - Euphoria
  - Hallucinations
  - Increased heart rate and blood pressure
  - Paranoia
- Risks include sweating, nausea, disturbed vision, panic attacks, and throat and lung irritation. It is not uncommon for those who take large amounts of DMT to suffer psychological and emotional difficulties for weeks afterwards. Integration of the trip into daily life can cause anxiety, difficulty focusing on daily task, preoccupation with the experience, and insomnia.
- Street names include Spice, Dmitri, Business Man's Lunch, and Business Man's Special.
- Schedule I drug and illegal in the United States

If you have questions, please contact Briana Cunningham, Prevention Supervisor at Blair Drug & Alcohol Partnerships by calling (814) 381-0921 or by emailing [bcunningham@blairdap.org](mailto:bcunningham@blairdap.org).