

WHAT ARE THE EFFECTS OF ICE?

THE INITIAL EFFECTS OF ICE

- Often last for between 4 and 12 hours depending on how much is consumed.
- Usually felt quickly, however, it can take 1 to 2 days to entirely leave the body.

SHORT TERM

- Headaches and dizziness
- Dilated (enlarged) pupils and blurred vision
- Dry mouth
- Jaw clenching, teeth grinding
- Insomnia
- Increased attention, alertness and talkativeness
- Trembling
- Sweaty, cold and clammy skin
- Increased breathing and body temperature
- Increased heart rate and blood pressure
- Reduced appetite
- Stomach cramps, nausea and vomiting
- Dehydration
- Aggressive behaviour
- Increased energy
- Changes in libido

LONG TERM

- Stroke
- Dental problems: increased tooth sensitivity, cracked teeth and cavities, gum disease
- Dependence
- Poor concentration and memory
- Increased risk of hepatitis C and HIV in injecting users
- Heart and lung problems, chest pains
- Kidney problems, including kidney failure
- Malnutrition and weight loss
- Exhaustion
- Movement problems



- A 'comedown' is often experienced when the drug wears off.
- Symptoms can last for a few days and can include feeling down or depressed, exhausted and anxious.



- Withdrawals are unpleasant symptoms experienced by people who are dependent on ice and stop taking the drug.
- Symptoms can last up to several weeks and can include headaches, cramps and vomiting, as well as anxiety, restlessness and aggression.



- Ice triggers the release of three chemicals in the brain, called dopamine, noradrenaline and serotonin.
- These chemicals make us feel alert and excited.
- This can have both short term and long term consequences.
- For more information, see 'Factsheet: The effects of ice on the brain'.

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