

## TIPS AND TRICKS

- Use in a safe environment with people that you trust.
- Have a person that you trust, preferably an experienced user, present as a trip sitter, especially if it is your first time. It is a good idea for this person to remain sober, and if you feel unsettled during the experience, let them know.
- Substances in the 2C-x series vary widely in their effects. Approach new substances with caution. e.g. the effects of 2C-B are very different to the effects of 2C-E.
- Avoid taking 2C-x if you are feeling upset, emotional, anxious, or depressed. 2C-x can intensify these feelings.
- Stretching or meditating before the trip may help to prepare your mind and body for the experience.
- Always dose yourself, so that you have control of how much you are taking.
- Do not drink too much water as this can be fatal. Drink 1 cup of water (250 mL) per hour when relaxing or 2 cups (500 mL) per hour when dancing/exercising. Switch water with an electrolyte drink from time to time.
- Be wary of 2C-T-7 as some people tend to be much more sensitive to this variant. Snorting 2C-T-7 (and 2C-T-2) is not recommended as some people have suffered strongly negative effects.
- The 2C-x series are very dose-sensitive, so just a few milligrams can create intense effects.
- Although most people find 2C-B easier to handle than other hallucinogens, the potential for a difficult experience still exists, especially with higher doses.
- Reagent test kits are legal and available to purchase online and can provide an estimation of the contents of drugs.

## SNORTING

- Snorting 2C-x can be very painful.
- Snort water before and after to avoid damaging the protective lining in your nose.
- Use your own clean straw for snorting to reduce the risk of transmission of blood borne viruses (such as hepatitis C). Do not use bank notes or share straws.

## SHELIVING

- Find a discreet and safe place to do it.
- Wash your hands thoroughly before and after.
- Use lube to avoid tearing skin.
- Use a condom or latex glove to avoid internal scratches.



## MORE INFO

This resource is not a complete guide so do some further research. The following websites may help:

[www.dancewizensw.org.au](http://www.dancewizensw.org.au)  
[www.nuaa.org.au](http://www.nuaa.org.au)  
[www.prism.org.au](http://www.prism.org.au)  
[www.erowid.org](http://www.erowid.org)  
[www.hrvic.org](http://www.hrvic.org)  
[www.dancesafe.org](http://www.dancesafe.org)  
[www.tripproject.ca](http://www.tripproject.ca)  
[www.yourroom.health.nsw.gov.au](http://www.yourroom.health.nsw.gov.au)

This resource has been developed for people who use or intend to use drugs. Our role is to provide factual, relevant and practical information so you can make informed decisions. We promote harm reduction and safer partying.

This resource has been developed and adapted by DanceWize NSW with support from DanceWize, Harm Reduction Victoria, PRISM, and DanceSafe.

DanceWize NSW is a program of NSW Users and AIDS Association (NUAA)



## JUST SAY KNOW.



# 2C-X\* SERIES

2C-B, 2C-I, 2C-E, 2C-C, 2C-D, 2C-P, 2C-T-7 <sup>+MORE</sup>

TRIPSTASY BEES, TUCY, NEXUS, BROMO, 2'S, SPECTRUM, \*Belongs to the 2C family

### Know your mind, know your body, know your substance, and know your limits

The 2C-x series is made up of several substances that have varying psychedelic and entactogenic effects – Entactogen meaning to touch within. They are often described, along with many other “novel psychoactive substances” (NPS), as “research chemicals”.

2C-x compounds are usually sold as a white powder/caps but can be pressed into pills resembling ecstasy.

Psychedelics affect all the senses, leading to hallucinations. Psychedelics alter the way we think, our sense of time, and our emotions. Reactions and experiences can vary dramatically for individuals. Even if you've taken a drug many times before, every experience is unique and unpredictable. Substances in the 2C-X series vary in their effects and duration.

### CHEMICAL COMPOUND

- |   |   |
|---|---|
| • 4-bromo-2,5-dimethoxyphenethylamine (2C-B)  | • 2,5-dimethoxy-4-methylphenethylamine (2C-D)           |
| • 4-chloro-2,5-dimethoxyphenethylamine (2C-C) | • 2,5-dimethoxy-4-(n)-propylphenethylamine (2C-P)       |
| • 2,5-dimethoxy-4-iodophenethylamine (2C-I)   | • 2,5-dimethoxy-4-(n)-propylthiophenethylamine (2C-T-7) |
| • 2,5-dimethoxy-4-ethylphenethylamine (2C-E)  |   |

## HOW IT'S TAKEN

Powder is snorted or swallowed.

Pills and caps are swallowed or shelved (rectal administration).

## DOSAGE AND SAFER USING TIPS

Taking drugs is never without risk. Information on dose and length of action are of a general nature. Each person's response to a drug will depend heavily upon individual factors such as body weight, kidney and liver function. Because most illicit drugs are of unknown purity and weight, use caution when dosing, start low and go slow.

- Snorting 2C-x can be very painful.
- Strength can vary greatly so it is best to start with a small dose.
- A threshold dose (that you can *just* feel) is between 2 – 5 mg; a recreational dose is between 10 – 25 mg; a strong dose is between 25 – 50 mg.
- These doses are a guide only! The compounds in the 2C-x series are renowned for having a steep “dose-response curve” and some are more potent than others. Check Erowid.org for further dosage advice.
- When using a powder, use a milligram scale to correctly measure your dose. Cheaper scales are not very accurate when measuring amounts down to the milligram - they provide an indication only.
- These compounds can take a long time to take effect, so wait at least two hours before redosing.
- Be aware of the dose-dependent nature of the effects, e.g. at a lower dose, 2C-B is more entactogenic (so you feel a little more affectionate and warm) and at higher doses, users report strong visual hallucinations.

## ROADSIDE DRUG TEST

It is illegal to drive under the influence of any illicit drugs, including 2C-x. 2C-x is not detectable by a saliva test. It's best not to drive until the effects have completely worn off and you have had a decent sleep. Make sure you take this into consideration when planning your ride home from a festival or event.

## DURATION OF EFFECTS

Total duration: 4 – 8 hours

Onset: 45 – 75 minutes

Peak: 2 – 4 hours

Coming down: 1 – 2 hours

Hangover/after effects: 2 – 4 hours

## MOST COMMON EFFECTS\*

Strong visual hallucinations

Kaleidoscopic colours

Powerful rushing of sensations

Auditory hallucinations or buzzing sounds

Radical shift in perspective

Profound life changing spiritual experiences

Increased heart rate and blood pressure ⚠

Exacerbate existing mental illness ⚠

Distorted perception of time

Dry mouth, jaw clenching and teeth grinding ⚠

Pupil dilation

Decreased appetite

Euphoria

Increased empathy

\*Effects vary greatly from one person to another.

## UNSAFE COMBINATIONS

2C-x combined with...

**Stimulants** = increased risk of negative experience (2C-B is a stimulant also).

**Cannabis** = may intensify experience and create unexpected effects.

**Alcohol** = potential nausea and vomiting. Impaired judgement of dosage.

**MAOIs** = unpredictable increase in potency and duration of effect.

When using 2C-x (especially 2C-T-7) in combination with various stimulants and hallucinogens, be careful as you may find an increased potency in both substances which may cause negative effects and can be dangerous.

Take a look at the TripSit drug combinations chart online, or in the DanceWize NSW chill space for info on other combinations.



Seek help from onsite medical, DanceWize NSW or call 000 if experiencing adverse reactions

## LESS COMMON EFFECTS

Slight stomach discomfort ⚠

Difficulty integrating experiences

Lethargy (feeling heavy)

Unusual body sensations (chills, goosebumps, tingling)

Increased awareness and appreciation of music

Feeling of oneness with the universe and all beings within it

Insomnia ⚠

Nausea/vomiting ⚠

Confusion ⚠

## RARE EFFECTS

Psychosis or psychotic episode ⚠

Paranoia, fear and panic ⚠

Anxiety ⚠

Overwhelming fear

Temporary inability to communicate

Reduced connection to ego (ego death) ⚠

## POSSIBLE LONG-TERM EFFECTS

Psychedelic drugs may accelerate the onset of schizophrenia and other mental health issues if you are genetically predisposed.



2C-x use is not recommended if you have or have had:

- Anxiety
- High Blood Pressure
- Recent Stroke
- Depression
- Sleep Deprivation
- Respiratory problems
- Schizophrenia
- Psychotic disorders
- Heart problems

Speak to your doctor for more info on drug combinations/health conditions. Speak to DanceWize NSW for referrals.