

# LSD

## COMMON & BRAND NAMES

Acid; L; Tabs; Blotter; Doses; Trips, The Substance : LSD (Lyserg-Saeure-Diaethylamid in German), cid, tabs, LAD, doses, microdots (small pills)  
The Experience : tripping, flying, frying

## EFFECTS CLASSIFICATION

Psychedelic

## CHEMICAL NAME

D-lysergic acid diethylamide

## DESCRIPTION

LSD is the best known and most researched psychedelic. It is the standard against which all other psychedelics are compared. It is active at extremely low doses and is most commonly available on blotter or in liquid form.

## LAW

LSD is illegal in Australia and in most other countries. It is also listed as Schedule I in the International Convention on Psychotropic Substances, an international drug control treaty.

## DESCRIPTION

LSD is one of the most commonly used 'psychedelic' or 'hallucinogenic' substance. It comes in a variety of forms, but is virtually always taken orally. Today, LSD is most commonly found in the form of small squares of paper called blotter (full sheets of paper are decorated with artwork or designs, perforated, then soaked in liquid LSD solution and dried). Other forms include, pills, gelatin sheets or shapes (pyramids, cubes, etc), liquid, liquid sugar cubes, and powder. Blotter is most common because it is easily produced, easily concealable and the format allows for few adulterant chemicals.

## DOSE

A standard dose of LSD for the past 20 years has been between 50 - 150 ug (micrograms). A single hit of most blotter paper contains somewhere in this range, though this varies depending on the source and there is no way for the average user to determine the strength of a piece of blotter other than by word of mouth. In the 60's and 70's, when LSD came primarily in pill form, the average single dosage unit was somewhat higher than it is with today's blotter, more often in the 200-400 ug range. A drop of liquid can contain a huge amount of LSD but is generally made so that one drop is a single medium dose.

## CHEMISTRY

d-lysergic acid diethylamide (LSD) is a synthetic chemical derived from ergot alkaloids which are produced by the ergot fungus which grows on rye.

# LSD

## EFFECTS

### Onset

Depending on how much and how recently one has eaten, LSD generally takes 20 - 60 minutes (though sometimes as long as 2 hrs) to take effect.

### Duration

The primary effects of LSD last for 6-8 hours. For many people there is an additional period of time (2-6 hrs) where it is difficult to go to sleep and there is definitely a noticeable difference from everyday reality, but which is not strong enough to be considered 'tripping'.

### The Experience

In the beginning stages of onset, LSD is likely to cause a sort of undefinable feeling similar to anticipation or anxiety. There is often a slight feeling of energy in the body, an extra twinkle to lights, or the feeling that things are somehow different than usual. As the effects become stronger, a wide variety of perceptual changes may occur; non-specific mental and physical stimulation, pupil dilation, closed and open eye patterning and visuals, changed thought patterns, feelings of insight, confusion, or paranoia, and quickly changing emotions (happiness, fear, giddiness, anxiety, anger, joy, irritation)

## PRODUCTION

LSD requires an experienced organic chemist to produce. All useful synthesis methods begin with Lysergic Acid which is schedule III. It is produced in crystal form, primarily by a small number of knowledgeable chemists in fully equipped laboratories.

## HISTORY

LSD was first synthesized in 1938 and discovered to be psychoactive in 1943. It became popular in the '60's and was made illegal in 1967. It has been widely available on the black market since that time.

## PROBLEMS

LSD can precipitate strong, temporary changes in an individual's experience of life and reality. Even in low doses, it is a powerful psychoactive that can be significantly affected by experiences, set and setting. Recent experiences, especially strong ones, can have a substantial effect on a trip. Physically or psychologically unsettling events in the days before an LSD trip can blossom into more serious distress and trauma while tripping.

It is important to be prepared for the possibility of encountering difficult or frightening mental states. There are many ways of minimizing possible dangers and trauma: by making sure to have others around for first time or high dose experiences, choosing carefully when and where to use a substance, taking a little time to prepare mentally for an experience with LSD by relaxing, having an intent for the experience, or by incorporating comforting and calming ritual into the preparation (clean the house, adjust the lighting, choose music that will go with the sort of experience you're looking for, etc)

# LSD

## CONTRAINDICATIONS

- Do not operate heavy machinery. Do Not Drive.
- Individuals currently in the midst of emotional or psychological upheaval in their everyday lives should be careful about choosing to use strong psychedelics such as LSD as they can trigger even more difficulty.
- Individuals with a family history of schizophrenia or early onset mental illness should be extremely careful because LSD is known to trigger latent psychological and mental problems.
- LSD can cause uterine contractions and is probably better avoided by women who are pregnant.

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## PROBLEMS cont...

Using a 'sitter', a sober friend whose job it is to watch out for you while you're tripping can go a long way toward easing anxiety and ensuring that someone will be able to deal with any situation that might arise. It's amazing how confusing a ringing phone or a cop at the door can be if you're on LSD.

## DEPENDENCE POTENTIAL

LSD is quite unlikely to lead to dependence in most people. There is no physical addiction or withdrawal after heavy use, although people can and do become mentally habituated to LSD as with any substance. There is a short period of tolerance after LSD use. Using LSD two days in a row is likely to lead to a diminished experience the second day, though spaced 3 or more days apart, this effect is nearly non-existent.

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