



Ivory wave is a substance sold as a legal high. It was previously believed that Ivory Wave contained MDPV, a substance that was banned in April 2010. Recent batches of Ivory wave are sold as “a new formula legal in UK” but no independent analysis results have been made available as yet, to confirm what the active substance is, although some of the effects appear to be similar to MDPV.

This and other legal highs are often sold as bath salts or plant food and not sold for human consumption and as such there is often no information about the active ingredient or dosage information available on the packet.

From prior knowledge of Ivory Wave at the time it was believed to contain MDPV, the dosage range was in the very low milligram range. From the users we have spoken to the threshold dose for Ivory Wave also seems to be fairly low but many users seem to be unaware of this and are taking large doses of the drug.

These large doses appear to increase the side effects of the drug and make negative experiences much more likely.

The main side effects appear to be anxiety, paranoia, visual and auditory hallucinations, rapid heartbeat, palpitations, insomnia, renal issues with potential for renal failure, increase in blood pressure, constricted blood vessels, sweating, suppressed appetite.

It has been reported by some users that side effects can last as long as 1-2 weeks.

The harm reduction advice we give:

If you are determined to use:

- Use accurate digital scales to measure the dose, don't try and judge by eye!
- Start with a very small test amount, somewhere in the 3-5mg range to ensure there are no adverse reactions and wait at least 1 hour before re-dosing.
- Control quantities you take in one session
- Avoid mixing with other legal highs, substances and alcohol.
- Try not to use alone and tell your friends what you are taking.
- Avoid completely if you have any history of mental health issues.
- Seek help from medical support if you experience any negative side effects

We would advise anyone experiencing issues from ivory wave or other similar substances to seek medical support via their GP or NHS 24 on 08454 24 24 24.

If there are any people requiring more information or support regarding a drug issue or information about legal high training please contact staff at Crew on 0131 220 3404 or you can visit the crew website www.crew2000.org.uk