

# DID YOU KNOW?

Bath Salts can cause a state of “excited delirium” in which the user hallucinates and becomes disoriented, violent, aggressive, and impossible to restrain.

## When cutting back or quitting:

- Your doctor or behavioral health provider can help you set up a plan.
- You will need support.
- You may experience withdrawal symptoms.



## Something to try:

## Community resources:

## My provider's name:



IndianaSBIRT.org



Thinking About  
Making a Change?

# BATH SALTS



# SELECTED EFFECTS OF BATH SALTS

“Bath Salts” is the street name for a designer drug that looks similar to real bath salts but is actually a chemical made in a lab. Some common chemicals in Bath Salts are: mephedrone, methyldone, and methylenedioxypropylamphetamine (MDPV).

## Risks of Use

Bath Salts can affect users in different ways, even if taken from the same packet.

The effects of Bath Salts can last from hours to days. There is no way to predict how each person will be affected.

The strength of the drug can also be very different from packet to packet.

### EYES

- Dilated pupils

### SKIN

- Hot
- Sweaty

### HEART

- Fast heartbeat
- Heart attack
- High blood pressure
- Stroke

### STOMACH

- Stomach pain
- Nausea

### BRAIN & BEHAVIOR

- Agitation
- Combativeness
- Hallucinations
- Delusions
- Violence and extreme aggression
- Seizures
- Extreme paranoia
- Suicidal thoughts
- Headaches

### LUNGS

- Shortness of breath
- Chest Pains

## WHAT ARE BATH SALTS?

Bath Salts are a white, powdery substance that can be eaten, snorted, smoked, or injected.

Some common “brand” names:

- Bliss
- Ivory Wave
- Cloud Nine
- Blue Silk
- Red Dove
- Stardust
- Sextasy
- Loco-Motion
- Stairway to Heaven
- Tranquility

### Sources Include

drugabuse.org  
nida.nih.gov  
FDA.gov