

Ice and the brain

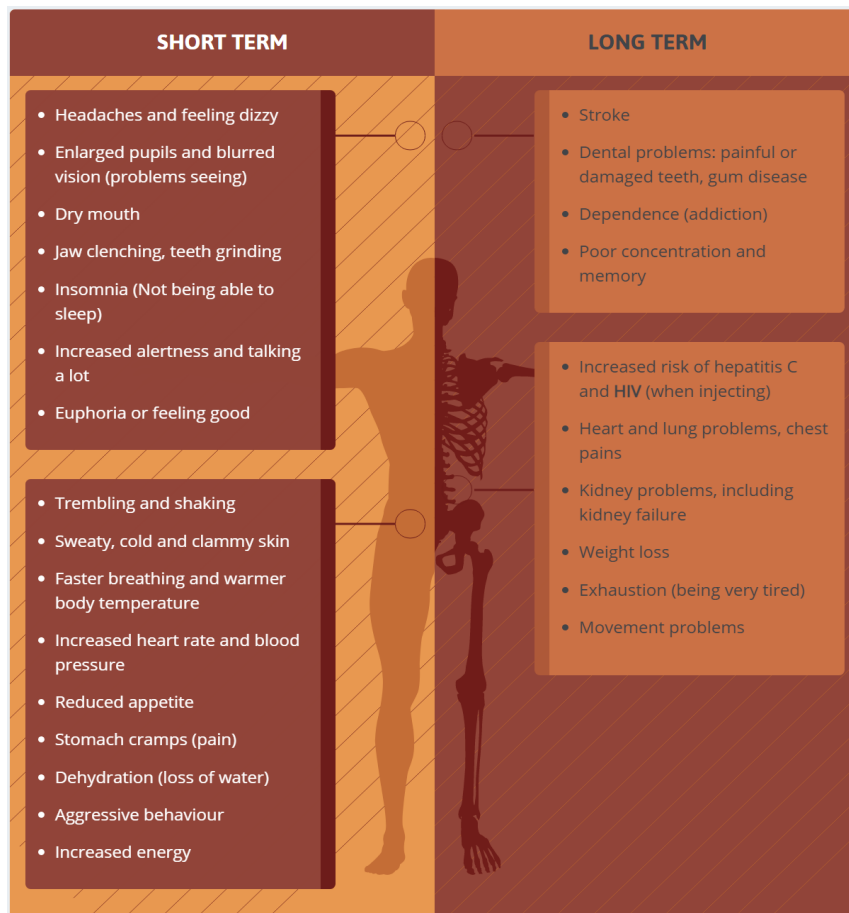
Ice triggers the release of two chemicals in the brain, dopamine and noradrenaline. These chemicals make us feel alert and excited. This can cause both short term and long term problems.

The effects of ice

Depending on how much is taken, the effects of ice often last for between 4 and 12 hours.

The effects of ice are usually felt quickly, but can take 1 to 2 days to completely leave the body.

The physical effects of ice can include:



The comedown phase and withdrawal

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** (addicted) on ice and who stop taking the drug. Symptoms can last up to several weeks and can include headaches, sleeping lots, cramps and vomiting, as well as **anxiety**, restlessness and aggression.

To learn more about what happens when a person stops taking ice [click here](#).

Key Sources

Australian Drug Foundation. (2016). *Amphetamines*. Melbourne: State Government Victoria.

Australian Institute of Health and Welfare. (2018). *Alcohol, tobacco & other drugs in Australia*. Canberra: Australian Institute of Health and Welfare.

Darke S., Kaye S., McKetin R., Dufflou J. (2008). *The major physical and psychological harms of methamphetamine use*. Drug Alcohol Rev 2008; 27: 253–62.

Darke, S., Kaye, S., and Dufflou, J. (2017). *Rates, characteristics and circumstances of methamphetamine-related death in Australia: a national 7-year study*. Addiction.

McKetin, R., & Black, E. (2014). *Methamphetamine: What you need to know about speed, ice, crystal, base and meth*. Sydney: National Drug and Alcohol Research Centre, University of New South Wales.

See ['The effects of ice on the brain'](#) fact sheet for sources related to cognitive effects.