

## TIPS AND TRICKS

Use in a safe environment with people that you trust.

- 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
- Eat well before and after using MDMA; your body needs fuel for you to have a good time.
- Take regular breaks from dancing or other exercise. MDMA increases your body temperature which can lead to heat stroke.
- Find out what other people's experience has been with the batch you are taking and if there have been any negative side effects. Ask friends and check [www.pillreports.com](http://www.pillreports.com).
- Be aware that there is a lot of misinformation online and in the community about purity or strength of pills/caps.
- Buy from a trusted source who will share information about changes in quality or purity.
- Studies have shown that high doses of MDMA may damage the serotonin pathways in your brain. More is not always better.
- Allow your body time to recover after using MDMA. Avoid repeated use for at least 2 weeks after using MDMA. Using MDMA too often can increase the negative effects on the brain and will cause increased tolerance and decreased enjoyment.
- Taking magnesium supplements may decrease jaw clenching and muscle tension.
- MDMA can increase feelings of intimacy, sexual attraction, and sexual stimulation. Everyone involved in any sexual activity must be as enthusiastic as you before proceeding and during the experience. Use lots of lube, stay hydrated, and take breaks during any extended sessions.

## SNORTING

- Snort water before and after to avoid damaging the protective lining in your nose
- To reduce the risk of transmission of HIV and hep C, do not use bank notes or share straws. Use your own clean straw.

## SHELVING

- 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.erowid.org](http://www.erowid.org)  
[www.hrvic.org](http://www.hrvic.org)  
[www.dancesafe.org](http://www.dancesafe.org)  
[www.trippproject.com](http://www.trippproject.com)  
[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.



# MDMA

## ECSTASY, PILLS, PINGAS, BIKKIES, M, MD, CAPS, MOLLY, MANDY

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

MDMA is a psychedelic stimulant and the intended active ingredient of ecstasy. It belongs to a class of drugs called entactogens – taken from the Latin for “touch within”.

MDMA causes an increase of serotonin (one of the brain's ‘happy’ chemicals) in the brain.

Because MDMA is illegal, adulterants (contaminants/cutting agents) are common in drugs sold as ecstasy. These can include PMA/PMMA, BZP, methamphetamine, DXM, and others. Some of these adulterants are much more dangerous than MDMA. This resource is primarily focused on the effects of MDMA, rather than these substitutes and adulterants.

### CHEMICAL COMPOUND

MDMA (3,4-methylenedioxyamphetamine).

Ecstasy could include other substances such as PMA, PMMA, MDEA, MDA, methamphetamine, caffeine, ketamine, BZP, 4-MMC (mephedrone), and mCPP.



## HOW IT'S TAKEN

Most commonly swallowed but can be snorted or shelved (rectal insertion).

## 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 purchased drugs are of unknown purity and weight, use caution when dosing, start low and go slow.

- A standard dose for most people is between 70 mg and 125 mg. This is dependent on body weight, tolerance, and other factors.
- Contents, purity, and strength of MDMA crystals and pills can vary greatly, so start with a smaller dose (quarter or half) to test the effects.
- Reagent test kits are legal and available to purchase online and can provide an estimation of the contents of drugs.
- If you are using MDMA for the first time, or you have a low tolerance, start with a low dose (quarter or half).
- Give the drug plenty of time to take effect; wait at least 2 hours before redosing. Some substitutes (such as PMA) take longer than MDMA to take effect, as well as being much more toxic. Redosing too soon could be fatal.
- Redosing once may enhance and prolong effects of MDMA but further redosing is more likely to increase side effects.

## ROADSIDE DRUG TEST

It is illegal to drive under the influence of any illicit drugs, including MDMA. MDMA is detectable by a saliva test for at least 24-48 hours after use. 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: 4-6 hours

Onset: 20-90 minutes

Peak: 2-3 hours

Coming down: 1-2 hours

Hangover/after-effects: 2-72+ hours

Even though the apparent effects of the drug wear off after 5 hours, the drug is still active in your system for 10 hours after you have taken it. It is important to remember this if choosing to use other substances.

## MOST COMMON EFFECTS\*

Increased energy
Decreased appetite
Dilated pupils
Increased tactile and visual sensitivity
Dry mouth, jaw clenching and teeth grinding ⚠
Nausea and vomiting ⚠
Restlessness
Increased heart rate, blood pressure, body temperature ⚠
Delay or difficulty reaching orgasm
A sense of inner peace and acceptance
Mood lift, euphoria
Increased love and empathy
Feelings of comfort, belonging and closeness with others
Increased desire to communicate
Decreased fear, anxiety and insecurities

\*Effects vary greatly from one person to another.

## LESS COMMON EFFECTS

Visual distortions ⚠
Involuntary eye wobbles ⚠
Erectile dysfunction
Reduced vaginal lubrication
Increased or decreased sexual satisfaction
Headache ⚠
Dizziness or loss of balance ⚠
Lifelong spiritual experiences
Increased emotional sensitivity

## RARE EFFECTS

Psychological crisis (psychotic episodes, panic attacks, etc) ⚠
Short term memory loss or confusion ⚠
Bright and intense sensations or mild visual hallucinations

## POSSIBLE LONG-TERM

- Cognitive impairments including memory problems
- Kidney failure
- Risk of psychosis
- Depression
- Anxiety
- Cardiovascular complications

## UNSAFE COMBINATIONS

MDMA combined with...

- **Antidepressants** = risk of serotonin syndrome\* or can counteract the effects of the drug
- **5HTP/L-Tryptophan** = risk of serotonin syndrome\*
- **PMA** = extreme risk of fatal serotonin syndrome\*
- **Other stimulants** = heart strain
- **Cannabis** = intense combined experience – it's best to wait until the ecstasy effects wear off before smoking cannabis
- **Alcohol** = both substances cause dehydration – approach with moderation and remain hydrated. If you're already drunk, it's best not to take MDMA.

\*Serotonin syndrome is a potentially fatal condition caused by an overload of serotonin on the central nervous system.

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



**MDMA use is not recommended if you have or have had:**

- |                              |  |
|------------------------------|--|
| • Insomnia                   | Speak to your doctor for more info on drug combinations/health conditions. Speak to DanceWise NSW for referrals. |
| • Anxiety                    |  |
| • Depression                 |  |
| • Other mental health issues |  |
| • Heart problems             |  |
| • High blood pressure        |  |



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