

# Ecstasy /MDMA

Be in the know and reduce the harms.

It is safer not to use at all and there are always risks. If you choose to use, think:

**1**

## Higher strength means higher risks

MDMA purity is increasing in Europe. This means you have a higher risk of taking too much. In some cases, MDMA has been found to contain 3 times the adult dose. Taking too much MDMA can lead to hospitalisation or death.

**2**

## Everyone can have a different reaction

How you react after taking MDMA depends on your physical and mental health. Avoid use if you have physical or mental health concerns like epilepsy, heart problems or experience anxiety and panic attacks

**3**

## Start low and go very slow

Take a test dose, for example a quarter of a pill/small amount of powder. Wait at least 2 hours to see how you react before taking more. It can take some time before you feel the effects.

**4**

## Leave the mixing to the DJ

Avoid using MDMA with other substances like alcohol and prescription medication as this can increase the risks for you. It is risky to mix MDMA with drugs that increase serotonin in the body, for example some anti-depressants.

**5**

## Keep cool, sip water and stay hydrated but don't drink over a pint of water an hour

MDMA can confuse your body temperature, making you feel warm, have trouble peeing and feel thirsty. Drinking too much water to cool down or to try peeing can be dangerous. Too much water may lead to 'water intoxication' that can dilute your blood and flush out essential salts (electrolytes) that keep your brain and body working.

**6**

## Know the signs of an emergency

Signs of concern can include pain in arms or legs, jerky movements, shaking, excessive sweating or being hot to touch, confusion or irritation, racing heart or chest pain. If a person is overheating, sit them down, remove layers of clothing and get them to slowly sip on water. If they don't begin to cool down, get help.

**7**

## Don't be afraid to get help

If you or a friend becomes unwell, get help immediately. If in doubt, get it checked out. Know where to go at an event or call 112/999 and be honest about what was taken, your wellbeing is the main priority.

**8**

## MDMA 'come down'

Some people will feel low, anxious, depressed or suicidal directly after use or a number of days after use. Don't be afraid to get help and speak with a professional if you need to. Try to leave time between use as regular use can impact on your mood and wellbeing.



More information