



MDMA

STREET NAMES

Ecstasy, M, MD, Pills, Pingas, Bickies, Eccies, Caps, Flippers, Googs, Molly, X, XTC, Ginger

CHEMICAL COMPOUND

3,4-methylenedioxymethamphetamine

Know Your Body & Mind - 'Set'

Know Your Environment - 'Setting'

Know Your Drug - Practise Harm Reduction

SAFER USING

- 'Set' = your mind + body. 'Setting' = environment. For psychedelic drugs, Set & Setting are very important and shape the experience.
- Use around people you trust and somewhere you feel safe.
- Eat about 30 minutes before use.
- Avoid being in +25°C heat when MDMA is in your system (use at night or on cooler days).
- A standard recreational dose is 0.7mg-1.25mg MDMA per kg of body weight. eg. for someone weighing 70kg is 70-87.5mg—Be extra cautious when weighing powders, use scales displaying 3DP.
- It is most commonly eaten, but can be snorted, injected or shelved (learn route of administration-specific safer using practices).
- Be aware of overheating or an elevated heart rate and make sure to cool down & chill out regularly.
- Keep your fluids up, but don't drink too much—1 cup of water (250ml) p/h when resting & 500ml per hour when active.
- Try eat every 2-3 hours, have a smoothie/sports drink to keep your electrolytes up.
- If redosing, wait at least 2 hours.

SAFER HANDLING

- Carrying drugs & paraphernalia puts you at greater risk of criminal charges (inc. trafficking, even if you don't deal). Know your local laws.

LONG TERM EFFECTS

- Psychological dependency
- Can lead to cognitive impairments, memory loss, acquired brain injury (overheating is a leading cause, but you may not realise this or need help at the time).
- These issues are more commonly linked to frequent, long-term use and frequent, heavy use.

It is not recommended to use MDMA if you have or are at risk of:

- Heart conditions • Hypertension • High blood pressure
- Pre-existing mental health issues • Anxiety • Insomnia

DRUG TESTS

Roadside Police Testing: MDMA is tested for in roadside drug tests and is detectable in saliva tests for 24 to 72 hours since you last slept (not last dose). It is illegal to drive under the influence of any illicit drugs, including Ice and any driver may be subject to a roadside behavioural impairment test. Wait at least 24 hours before driving. Taking multiple doses over a period of several hours can lengthen this time period.

Workplace: OHS law gives employers rights to test employees for drug use. This should be contained in workplace policy, it should be reasonable, and a risk assessment should be done to determine whether testing of employees is appropriate.

Urine: 1 - 4 days; Hair: Up to 90 days; Blood: 1-3 days

'Pill Testing'/Drug Checking: Lab-quality testing has been trialled in Australia and is not available as a health service yet, but DIY reagent testing is an option. Mandolin, Marquis, Mecke and other reagents produce reactions with MDMA.

MORE INFO

This resource has been made by people who use drugs for their peers & the wider community. The role of DanceWize is to provide credible & non-judgmental info to promote health & harm reduction. In an unregulated (illegal) market you don't know the purity or dose of any drug and there is always some risk. You can educate yourself and practise harm reduction to reduce risk.

Knowledge is power.

MORE INFO @ WWW.

dancewize.org.au
dancewizensw.org.au
higround.org
prism.org.au
consciousnest.info
erowid.org
tripsit.me (drug combos chart)

dancesafe.org
tripproject.ca
kosmicare.org/
pillreports.net
bluelight.org

Research your jurisdiction's Department of Health website for drug 'alerts' or 'warnings'.

DESCRIPTION

MDMA is an amphetamine known for its empathogenic, euphoric and stimulant effects and is also known as 'Ecstasy'. It belongs to a family of drugs called entactogens/empathogens, which means "touching within." MDMA was first synthesised in 1912 by Merck Pharmaceuticals. Recreational use began in the 1970s, but before it was made illegal in the 1980s, MDMA was a medicine. Clinical studies show MDMA in combination with psychotherapy can treat Post Traumatic Stress Disorder (PTSD), anxiety and depression. Due to the popularity of MDMA within the dance scene, demand often outweighs supply. This leaves the unregulated market open for adulterants and substitutes, such as PMA, PMMA, MDEA, MDA, (meth)amphetamine, caffeine, ketamine, BZP(benzylpiperazine), Cathinones like 4-MMC (meow meow) and mCPP(paramethoxyamphetamine).

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

HALF LIFE:

Even though the apparent effects of the drug may 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 planning on taking other substances or redosing

EFFECTS

'Set' (your mind & body) + 'Setting' (environment) + Drug

👉 LESS COMMON 👉 RARE

PHYSICAL

- Increased sense of touch and being touched
- Pleasant body high
- Increased energy
- Decreased appetite
- Increased heart rate and blood pressure
- Dilated pupils
- jaw clenching / teeth grinding (bruxism)
- Muscle tension
- Restlessness, nervousness
- Change in body temperature regulation
- 👉 Nausea, vomiting
- 👉 Dry mouth
- 👉 Erectile dysfunction and difficulty reaching orgasm
- 👉 Rapid, involuntary eye 'wobbles' (ocular clonus) symptoms,
- 👉 Dizziness
- 👉 Visual distortions (not hallucinations)
- 👉 Increased body temperature hyperthermia / stopped sweating
- 👉 Decreased electrolyte levels which can lead to water-intoxication, loss of balance and vertigo
- Lock jaw
- 👉 Approximately 2 per 100,000 users have extreme negative reactions resulting in death
- 👉 Seizure

EMOTIONAL

- Feelings of love and empathy
- Mood lift / Euphoria
- Feelings of comfort, belonging and closeness to others
- Come down from peak effects (48-72hours)
- Change in body temperature regulation
- Nausea, vomiting, Dry mouth, Erectile dysfunction and difficulty reaching orgasm, Rapid, involuntary eye 'wobbles' (ocular clonus) symptoms

👉 Dizziness

👉 Visual distortions (not hallucinations)

👉 Increased body temperature hyperthermia / stopped sweating

👉 Depression/fatigue

PSYCHOLOGICAL

- Reduced social inhibitions
- Increased alertness and awareness of senses (taste touch, sound and smell)
- Decreased fear, anxiety and insecurities
- A sense of inner peace and acceptance of self and others in the world
- Increased willingness to communicate
- 👉 Bright and intense sensations and/or mild visual hallucinations
- Short term memory loss or confusion
- 👉 Psychological crisis (Psychosis/psychotic episode, severe panic attack, Excited Delirium)
- 👉 Insomnia

DRUG COMBINATIONS

Possible outcomes. What works for one person may not work for another. We recommend you proceed with caution.

DANGEROUS

5HTP/L-Tryptophan - Risk of serotonin syndrome

MAOI Antidepressants - Risk of serotonin syndrome. MAOIs- MAO-B inhibitors can increase the potency and duration of phenethylamines unpredictably. MAO-A inhibitors with MDMA will lead to hypertensive crises

Tramadol - Tramadol and stimulants both increase the risk of seizures +Stimulants (Ice,Cocaine etc)- This combo can end in heart strain and psychosis +DXM - Risk of serotonin syndrome

CAUTION

Alcohol - dehydration, also you may be able to drink more which increases the risk of alcohol poisoning, liver/kidney damage and loss of memory

SSRI Antidepressants - Can counteract the effects of both
Antibiotics - Some inhibit an enzyme that breaks down MDMA.