

(HIV/HepC).

- Repeated snorting can damage your nose, switch nostrils regularly and take breaks.

WHEN SHELIVING (DRY) / PLUGGING (WET MIX)

- Use lubrication to avoid tearing the skin.
- Use a condom or latex/vinyl gloves to avoid internal scratches.
- Wash your hands thoroughly before and after.
- Use sterile water to mix with powdered pills.
- Find a discreet and safe place to do it.

SAFER HANDLING

Carrying drugs & paraphernalia puts you at greater risk of criminal charges. You can still be charged with trafficking even if you don't actually deal.

KNOW YOUR LOCAL LAWS.

DRUG COMBINATIONS

** Mixing MDMA and other drugs can have many possible outcomes. What could be fun for one person could be dangerous for another. We recommend you proceed with caution.*

DAINGEROUS

5HTP/L-Tryptophan – increases the risk of serotonin toxicity.

MAOI Antidepressants - MAOIs can increase the potency and duration of MDMA (or similar) drugs unpredictably, potentially leading to serotonin toxicity or hypertensive crises (dangerously high blood pressure).

Tramadol, Ice, Cocaine, or other stimulants - tramadol and stimulants both increase the risk of seizures or psychosis and can cause heart strain.

DXM – can increase the risk of serotonin toxicity.

CAUTIONS

Alcohol – causes dehydration which may lead you to drink more, increasing the risk of alcohol poisoning, liver/kidney damage and loss of memory.

SSRI Antidepressants - can counteract the effects of MDMA and lead you to take a dangerously high dose that causes serotonin toxicity.

Antibiotics - some antibiotics will inhibit an enzyme that breaks down MDMA, leading to a build up of the drug in your system.

Taking MDMA can be particularly dangerous if you have or are at risk of:

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

DRUG TESTS & ROADSIDE 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, incl. MDMA. 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: up to 1-4 days; Hair: up to 90 days; Blood: 1-3 days

'Pill Testing'/Drug Checking: Lab-quality testing is not yet available as a health service outside the ACT. However, DIY reagent testing is an option. Mandolin, Marquis, Mecke and other reagents produce reactions with MDMA.

MORE INFO:

This educational resource has been developed by people who use drugs for their peers and the wider community. The role of DanceWize is to provide practical, evidence-based, unbiased information to assist you to make educated choices and to promote harm reduction, community care, and wellbeing. In an unregulated market it's impossible to know the purity or dose of any substance. Taking drugs from an unregulated market carries its own risk, and you can educate yourself and practice harm reduction to reduce this risk.

Knowledge is power.

OTHER HELPFUL PEER BASED WEBSITES

AUSTRALIA

www.dancewize.org.au
www.dancewizensw.org.au
www.hi-ground.org
www.prism.org.au,
www.consciousnest.info
www.hrvic.org.au

INTERNATIONAL

www.erowid.org
www.tripsit.me
www.dancesafe.org
www.tripproject.ca
<https://www.kosmicare.org/>
www.pillreports.com

Research your jurisdiction's Department of Health website for drug 'alerts' or 'warnings'. Both HRVic & DanceWize post these Drug Alerts on our socials.



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'

SAY 'KNOW' TO DRUGS.

DESCRIPTION

MDMA, or 'Ecstasy', is an amphetamine known for its empathogenic, euphoric and stimulant effects. It belongs to a family of drugs called entactogens/empathogens, which means "touching within."

MDMA was first synthesised in 1912, but recreational use didn't begin until the 1970s. Before it was made illegal in the 1980s, MDMA was a medicine. Clinical studies have shown MDMA in combination with psychotherapy can treat PTSD, anxiety and depression.

Pure MDMA is a white crystalline powder, but with common contaminants will more often appear as off-white, beige or even brown crystals. MDMA is usually either pressed into pills or pre-packaged into gel capsules (caps) rather than sold in powder form.

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, methamphetamine, caffeine, ketamine, BZP, Cathinones like 4-MMC (meow meow) and mCPP.

ADMINISTRATION (MOST COMMON ROUTES)

Note: pills and caps in Australia can be extremely unreliable and the amount of MDMA in each pill/cap may vary greatly.

- **Swallowed**, (60-100mg per pill/cap)
- **Snorted**, (50-100mg per dose)
- **Shelved** (rarely)

DURATION OF EFFECTS

For MDMA when swallowed -

Total Duration: 4-6 hours

Onset: 20-90 minutes

Peak: 2-3 hours

Coming Down: 1-2 hours

After Effects: 2-72+ hours, (some people may experience more severe and prolonged after-effects than others)

HALF LIFE (the time it takes for the amount of a drug's active substance in your body to reduce by half.)

Even though the apparent effects of MDMA may wear off after 5 hours, the drug is still active in your system for up to 12-24 hours after you have taken it. Remember this if using other substances or redosing.

EFFECTS

KEY: 🟢 LESS COMMON 🟡 RARE

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

PHYSICAL

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

EMOTIONAL

- Feelings of love and empathy
- Mood lift / euphoria
- Feelings of comfort, belonging and closeness to others
- Depression/fatigue (during come down, 48-72 hour)

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, delirium) 🟡

- Insomnia 🟡

LONG TERM EFFECTS

- Psychological dependency.
- Long term & frequent use can lead to cognitive impairments and memory loss. Overheating while on MDMA can cause an acquired brain injury, which is often irreversible.

SAFER USING

- Remember **'Set'** (your current mindset & body), and **'Setting'**, (the other people and environment around you), can help shape a psychedelic experience as much as the drug itself.
- Eat about 30 minutes before use.
- Taking MDMA in +25°C heat can cause overheating or an elevated heart rate which can be dangerous. Cool down & chill out regularly. Cooler days or night times are more ideal.
- A standard recreational dose is usually 60-100mg, depending on your body weight. Most pills/caps sold in Australia will fall somewhere in this range but be careful when using unknown caps that may have big differences in strength. Be extra cautious when weighing powders, use scales displaying 3 decimal places.
- Keep your fluids up, but don't drink too much—1 cup of water (250ml) per hr when resting & 500ml per hour when active.
- Try and eat every 2-3 hours. If you're having difficulty eating, try to at least have a smoothie/sports drink to keep your electrolytes up.
- Try taking magnesium or other supplements if you are unable to eat and using for an extended period.
- Sleep! Or at least lay down and take a substantial rest during a 24-hour period.
- If redosing, wait at least 2 hours for the peak effects to have passed.

WHEN SNORTING

- Crush into fine powder as crystals can cause little cuts.
- Be careful snorting crushed pills, and they usually contain extra binding agents that may not crush as finely and could damage your nose.
- Snort water before and after to protect your nose.
- Use your own straw/spoon, (& not bank notes) to avoid infection or blood borne virus transmission