

SUPPORT

UWE Drugs and Alcohol Service:
1:1 sessions, advice and information
including harm reduction intervention,
goal setting and relapse prevention.

Make an appointment by scanning this QR
code or visiting uwe.ac.uk/drugs-and-alcohol



Bristol Drugs Project: treatment
services for people who are
experiencing a negative
relationship with drugs
and/or alcohol.

Or speak to your GP.

WHAT IS MDMA

MDMA, or
3,4-Methylenedioxymethamphetamine, is a
stimulant drug which can also have mild
hallucinogenic properties. Effects of MDMA
include euphoria, increased energy and a
vastly heightened sense of empathy.

Also called:

Molly

MD

Pingers

Mandy

Pills

XTC

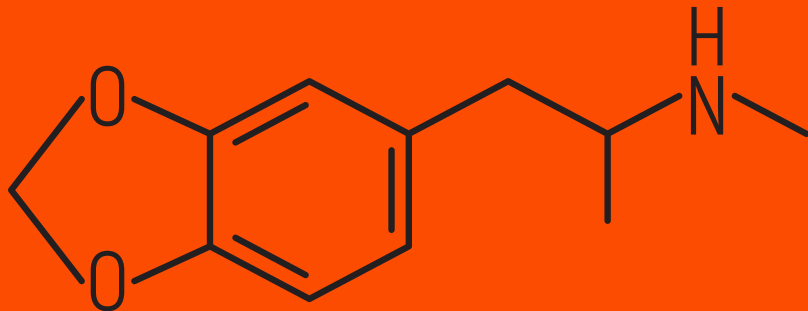
Ecstasy

LONG TERM RISKS

Poor mental health – heavy or frequent use
of MDMA is much more likely to cause poor
mental health than light, occasional use.

Memory and impulse control - some studies
link MDMA to these issues but they could also
be caused by lack of sleep or combining drugs.

**RESEARCH
THE RISK.
REDUCE
THE HARM.
MDMA**



BEFORE

CHECKED YOUR MDMA?

- MDMA and Ecstasy can be mixed with other substances, such as PMMA (a very strong stimulant) making it more dangerous and unpredictable.
- Using reagent kits or WEDINOS can tell you if there are unexpected / dangerous chemicals present.
- Speak to your specialist drugs and alcohol practitioner for more info on drug checking.

CHECK THOSE INTERACTIONS

- Use [Drugsand.me](#) to understand the risk of using more than one drug at a time (this includes alcohol).
- On anti-depressants? Do your research to understand the risks and how they might react with MDMA, so you can make an informed decision.

HOW MUCH IS TOO MUCH?

- Start low and go slow.
- Use Loop UK's harm reduction slogan, Crush, Dab, Wait.
- Crushing MDMA into a fine powder ensures you can see how much you have, as even small crystals can be deceiving.
- Consider taking just ¼ of a pill, or a small dab of powder.
- Wait at least one hour to be able to gauge the effects.
- Check out [drugsand.me](#) for more dosing guidelines.

DURING

WHAT CAN I DO TO TAKE CARE OF MYSELF?

- Drink water! If you're dancing, aim to drink 500ml water per hour to avoid overheating and dehydration.
- Taking stimulants like MDMA effects your saliva production and dry out your mouth, but eating sweets or chewing gum will help kick start that saliva production.
- Avoid grinding your teeth by taking magnesium supplements before you drop, as it will reduce jaw clenching and help protect your teeth and gums.
- MDMA effects your body's ability to regulate temperature, so take breaks from dancing to cool down, grab a glass of water and avoid heat stroke.

WHAT SHOULD I AVOID DOING?

- MDMA and alcohol used together will add extra strain on the body's functions, adding stress on the major organs, so try and avoid mixing the two or use with caution.
- Don't re-dose too soon. After swallowing, MDMA goes through the digestive track before the effects will hit, so wait at least 1-1.5 hours before redosing to allow the first dose to take effect.

HOW CAN I HELP A FRIEND WHO IS FREAKING OUT?

- Coming up on MDMA for the first time, or in a more intense way than before, can be scary. The more you take the more intense this feeling will be, so stick together as a group.
- If somebody is freaking out whilst coming up, ask them what they need.
- Some people will want to sit or lay down in a calm space and allow for the come up to happen and pass.
- Don't rush them back on to the dance floor, give them the time they need and some water and reassure them this feeling will pass.

WHEN DO I NEED TO GET HELP?

- MDMA can cause serotonin syndrome, (an overdose of serotonin) especially when taken with other drugs.
- Make yourself aware of the symptoms but if you're ever in doubt, ask for help.
- Symptoms include rigid or twitchy movements, shaking or shivering, fully dilated pupils, overheating, racing heart or appearing agitated or confused.
- Serotonin syndrome can kill if not dealt with quickly. If in doubt call an ambulance.

AFTER

WHAT TO EXPECT

- Each come down will vary, depending on how much you took, if you took anything else and how long you stayed up for.
- Dancing for hours whilst using MDMA will also take its toll, so you're likely to feel dehydrated and exhausted.
- It also uses up large quantities of serotonin which can take a long time to replenish causing a more intense come down and low mood.

HYDRATE AND EAT WELL

- Drink plenty of water and load up on nutritious food like fruits and vegetables to replenish your body and brain.

SPEAK TO SOMEONE

- If you're feeling anxious or worried in the days after using, speak to your friends or someone you feel comfortable discussing it with.