

AKA: BICKIES, CAPS, ECCIES,
FLIPPERS, GINGER, GOOGS, M, MD,
MOLLY, PILLS, PINGAS, X, XTC



Disclaimer: This resource is produced by Hi-Ground & DanceWize. In an unregulated market it's impossible to know the purity or dose of any substance, educate yourself and practice harm reduction to reduce this risk. For more information visit www.hi-ground.org

Supported by: QuiVAA & QuiHN

Hi-Ground

'MDMA, the intended active ingredient of ecstasy, is a psychedelic stimulant. It belongs to a family of drugs called entactogens/empathogens, which means "touching within." MDMA was first synthesized in 1912 by Merck Pharmaceuticals in Germany. The recreational use of MDMA did not begin until the 1970s. Before it was made illegal in the mid 1980s, MDMA was a therapeutic medicine. Clinical studies are currently underway using MDMA in combination with psychotherapy to treat Post Traumatic Stress Disorder (PTSD), anxiety and depression. Due to the popularity of MDMA within the dance scene, demand often outweighs supply, leaving the market open for adulterants and substitutes. Ecstasy/or MDMA caps can contain additives or substitutes like PMMA or BZP (benzylpiperazine) which can cause a variety of side effects ranging from unpleasant to dangerous.'

Compound: 3,4-METHYLENEDIOXYMETHAMPHETAMINE

ADMINISTRATION

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

DURATION OF EFFECTS

TOTAL	4-6HRS
ONSET	20-90MINS
PEAK	2-3HRS
COME DOWN	1-2HRS
AFTER EFFECTS	2-72+HRS



HALF LIFE

Even though the effects of the drug may wear off after 5 hours, the drug is still active in your system for 10 hours after you've taken it. It is important to remember this if planning on taking 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.

LESS COMMON EFFECTS

Visual distortions, Involuntary eye wobbles, Erectile dysfunction, Reduced vaginal lubrication, Increased or decreased sexual satisfaction, Headache, Dizziness or loss of balance, Life changing 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 EFFECTS

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

DRUG TESTS

Roadside Police: MDMA IS tested for in roadside drug tests and is detectable in saliva tests for 24 to 72 hours after use.

Drug Checking: Lab-quality testing with a spectrophotometer is the best way to test and has been trialled in Australia, however it is not available as a permanent health service yet (only ACT). DIY reagent testing is an option. You need a three-step kit to identify MDMA and MDA in Ecstasy tablets and Molly. You need three reagents to be sure (Marquis, Simon's and Froehde).'

SEROTONIN SYNDROME

Taking MDMA increases the level of serotonin available in your brain, which is what gives the drug it's enjoyable effects. However, having too much serotonin available in your brain can be very harmful or even fatal, and sometimes leads to what is known as Serotonin Syndrome. Serotonin Syndrome can be caused from taking MDMA alone however the risk is dramatically increased when combining MDMA with certain other drugs, antidepressants or supplements that also increase serotonin levels.

SAFER USING

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- Use around friends/people you trust and in a safe environment – somewhere you feel comfortable
- Remember to eat well then wait 20-30 minutes before use
- Avoid being in +30 heat when MDMA is in your system
- Be aware of overheating and try to cool down & chill out regularly
- Remember to keep your fluids up but don't drink too much – 1 cup of water (250ml) p/h when resting & up to 500ml p/h when dancing or active
- After 2-3 hours / half way through to keep your electrolytes up (soup / smoothies is good for this)
- If redosing, wait at least 2 hours
- If you take ecstasy on a regular basis, you may be releasing and depleting your serotonin before it has a chance to fully replenish itself. This means you will be operating on lower-than-normal serotonin levels and this can lead to or worsen existing depression symptoms.
- 3 MONTH RULE! It is recommended that you leave at the very least 1-2 months between uses, ideally 3 months.
- 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 and Insomnia