

ECSTASY

[3,4-methylenedioxymethamphetamine - MDMA]

Think it through and **KNOW THE FACTS** so you and your friends can make **INFORMED DECISIONS** and **STAY SAFE** together.

WHAT IS ECSTASY?

Ecstasy (E, X, XTC, rolls, thizz) is an **illegal** synthetic **amphetamine (stimulant)**. Ecstasy pills usually contain 80-125 mg of MDMA, but can **vary widely** in strength and purity (from 0-180 mg of MDMA). Since ecstasy is not regulated, and is often cut with other substances or more dangerous drugs, **you can never be sure** what you're really getting.

WHAT ARE THE EFFECTS?

- **Effects felt within** 20-40 minutes, peak within 1-1 ½ hours, and subside after 3-5 hours and **may** include elevated mood and energy, enhanced sensations, and a sense of emotional connectedness.
- **Ecstasy also** increases heart rate, blood pressure, body temperature, and muscle tension (like teeth grinding).
- **After-effects** (week or longer) can include depression, anxiety, irritability, muscle fatigue, insomnia, and difficulty concentrating.
- It may take your body several weeks or more to completely recuperate.
- Most medical emergencies or deaths are from **heart problems** or complications from hyperthermia (**increased body temperature**) and hyponatremia (**electrolyte imbalance from drinking too much water too fast**).
- Repeated or high-dose use (stacking) can have **long-term consequences**, including impaired memory, and brain or liver damage.
- **Escalating use** to re-experience the same effect may mean you're developing tolerance or becoming **addicted**.

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HOW TO MINIMIZE POTENTIAL HARMS

- **Take frequent breaks** – Let your body cool and rest.
- **Stay hydrated** – Sip or take small gulps of water (to **help cool your body**) and non-caffeinated sports-drinks like Gatorade (to **replenish electrolytes**). Alcohol and caffeine dehydrates the body.
- **Don't mix** – Taking ecstasy with other substances (**especially alcohol or other stimulants**) can increase the risks, and lead to potentially dangerous interactions.
- **Recognize overdoses** – Signs include extreme headaches, nausea, confusion, blurred vision, inability to talk, racing heart, vomiting, fainting, muscle tremors, and convulsions. **Seek medical help** if you or your friends experience even just one sign.
- **Keep an eye on your friends – stay together.**
- **Don't drive** – Ecstasy affects physical and mental functioning (like vision, reaction time, and judgment).
- **Aim low (dose AND frequency)** – Ecstasy risks increase with larger doses (stacking) and re-dosing when you start to come down.
- **Stay away** – The only way to completely avoid the risks is to avoid the drug, enjoy the music and dancing instead.
- **Educate yourself & your friends** – The best decision is a well-informed one.