

# EDAS REACH YP NEWSLETTER



## MDMA: Stay alert!

MDMA acts as both a **stimulant** and **psychedelic**, producing an energizing effect, distortions in time and perception, and enhanced enjoyment of tactile experiences.

MDMA is commonly known as **ecstasy**. Ecstasy comes in pill or powder form. When it's a powder it's called by its chemical name, MDMA, but it's the same drug as ecstasy.

However, some pills sold as ecstasy may only have a small amount of MDMA or none at all. **Other drugs and 'fillers' are often used instead.** This makes it hard to know what reactions to expect after taking MDMA or if negative side effects will be experienced.



# What are the effects?

There is no safe level of drug use. Use of any drug always carries some risk. It's important to be careful when taking any type of drug.

The effects of MDMA are usually felt about 20 minutes to an hour after it's taken and last for around three to four hours. The height of this experience is sometimes known as 'peaking'.



Ecstasy pills are usually swallowed and MDMA is usually rubbed (dabbed) into the user's gums.



## Symptoms & Side Effects

### Euphoria

Feeling energetic and confident

Dilated (enlarged) pupils

Jaw clenching

Teeth grinding

Heightened senses (sight, hearing, and touch)

Excessive sweating and skin

Tingles

Floating sensations

### Muscle aches and pains

Reduced appetite

Fast heartbeat

Increased blood pressure

Dehydration

Heat stroke

Vomiting

Drinking extreme amounts of water (can cause death)

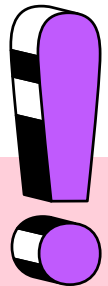


# Know the risks



- There's **no way of knowing what's inside** your ecstasy pill or MDMA powder until you've taken it. Even testing kits may not find everything.
- The use of ecstasy **has been linked to liver, kidney, and heart problems.**
- Some users report **getting colds and sore throats more often** when they take ecstasy.
- Anyone with a heart condition, blood pressure problems, epilepsy or asthma **can have a very dangerous reaction** to the drug.
- MDMA is taken by some people at festivals, parties, and nightclubs. In these environments, people using MDMA are likely to engage in dancing, which in combination with MDMA **can raise body temperature to a dangerous level.**
- Drinking too much water while taking MDMA is dangerous. **Deaths have occurred from dilutional hyponatremia** — this is a condition where a person's brain swells from drinking too much water and can lead to **coma.**
- Evidence suggests that long-term users can suffer from **memory problems** and may develop **depression and anxiety.**

## Mixing MDMA with other drugs



**The effects of taking MDMA with other drugs – including over-the-counter or prescribed medications – can be unpredictable and dangerous:**


- **MDMA + alcohol:** Increased risk of dehydration and consequently drinking too much water.
- **MDMA + ice, speed or cocaine:** Increased risk of anxiety and reduced brain functioning due to dopamine depletion. Enormous strain on the cardiovascular system and other parts of the body, which can lead to stroke.
- **MDMA + antidepressants:** Drowsiness, clumsiness, restlessness and feeling drunk and dizzy.





## **FOLLOW THIS HARM REDUCTION ADVICE IF YOU DECIDE TO CONSUME MDMA:**

- Try a smaller dose first and wait 2 hours before taking more
- Avoid taking high doses. Higher doses are more likely to cause an unpleasant, overwhelming experience (particularly for first-time use)
- Avoid mixing with other drugs including alcohol as this can cause dehydration
- Some medications interact with MDMA, always check first before taking
- Take regular breaks to cool down and drink around 250-500ml of water per hour
- Let a friend know what you've taken so they can help if you're unwell
- Avoid taking MDMA too frequently. According to some people who use MDMA, if taken too frequently, MDMA can stop working which can result in taking more to get the same result.



**If your use of MDMA is affecting your health, family, relationships, work, school, financial or other life situations, or you're concerned about a loved one, you can find help and support.**

**The EDAS/Reach Young Peoples team are here to help!  
Get in touch with us on 01202 741414 or  
0800 0434656 - option 2.**



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edasreach.yp



ypreferrals@edasuk.org



www.edasuk.org/yp

Sources: Alcohol & Drug Foundation, FRANK

