

SAFER USING TIPS

- Try to use in a safe environment with friends and people you trust - somewhere you feel comfortable
- Remember to keep your fluids up if dancing/ exercising - around 600ml an hour maximum
- Alternate water with sports drinks to keep electrolytes up if dancing/exercising
- Do your research! Try and find out what is in the pill, what other people's experiences have been and if it has any negative side effects. (www.pillreports.com is a great website for this sort of information)
- Look after your mates, find out what they've taken

- Try to buy from a trusted and reliable source who will tell you about any changes in quality, etc
- If you haven't tried a particular kind of pill, lower your dose - you won't know how it will affect you until you try it
- Remember to eat well before and after using
- Taking magnesium may help decrease jaw clenching and muscle tension
- **If snorting:**
 - Snort water before and after to avoid damaging the protective lining in your nose
 - Use your own straw to prevent risk of BBV (blood borne viruses) transmission via tiny amounts of blood
 - A clean straw is preferable to a rolled note - money is unhygienic
- **If shelving:**
 - Make sure all equipment is new and sterile
 - Use lubrication to avoid tearing skin
 - Using a condom or latex gloves can help avoid internal scratches
 - Wash your hands thoroughly before and after
 - Find a discreet and safe place to do it

COMBINATIONS

Ecstasy combined with...

(Possible outcomes - what works for one person may not work for another. We recommend you proceed with caution.)

- Anti depressants = risk of serotonin syndrome
- 5HTP/L-Tryptophan = risk of serotonin syndrome
- Other antidepressants = can counteract the effects of the pill
- PMA = extreme risk of fatal serotonin syndrome
- Strong stimulants = heart strain
- Pot = overly intense ecstasy experience
- Alcohol = you may be able to drink more which may increase the risk of alcohol poisoning, liver and kidney damage

It is **not** recommended to use ecstasy if you suffer from:

- Insomnia
- Anxiety
- Depression
- Other mental health problems
- Hypertension
- Heart problems
- High blood pressure

MORE INFO

This resource is designed to give a brief overview and it is recommended that you do further research. The following websites may provide you with useful information.

www.dancewize.org.au
www.hrvic.org.au
www.erowid.org
www.bluebelly.org.au

www.bluelight.ru
www.dancesafe.org
www.trippproject.ca
www.pillreports.com

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KNOW YOUR MIND, KNOW YOUR BODY, KNOW YOUR SUBSTANCE AND KNOW YOUR LIMITS!

This resource has been developed for party goers and people who are already using drugs. The role of DanceWize is to provide factual, relevant and practical information to assist you to make informed choices about different drugs and to promote harm reduction, safer partying and safer drug use.

DESCRIPTION

Ecstasy is the street term for a range of drugs that comes in pill form, varying in shape, size, and colour. These pills often have a logo or design printed on them. Even though pills used to be MDMA, today they can contain a variety of different substances often with no MDMA at all.

PROBLEMS

Due to the popularity of MDMA in the dance scene, demand often outweighs supply, leaving the market open for substitutes. Ecstasy can contain additives like PMA or BZP which can cause a variety of side effects ranging from unpleasant to dangerous. Most of the reported deaths from pills and hospital admissions have been due to the effects of these additives.

DOSAGE TIPS

- 1 pill is the standard dose
- It is a good idea to start with half the standard dose to test purity/strength
- If you are using ecstasy for the first time or you have a low tolerance, it's safer to start with less
- Try to wait for at least 2 hours before re-dosing

ADMINISTRATION

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

DURATION

Total Duration:	10 hours
Onset:	20 - 90 minutes
Peak:	2 - 3 hours
Coming Down:	1 - 2 hours
Hangover/After Effects:	2 - 72+ hours

Half-life: Even though the effects of the drug wear off after 5 hours, the drug is still active in your system for 10 hours after you have taken it. It is important to take this into account if you are planning to take other drugs in conjunction with ecstasy

Roadside drug test: Ecstasy is detectable with saliva testing for at least 24 hours after use

EFFECTS

(The following is a list of possible effects. These may vary from person to person)

Physical

- Increased energy
- Decreased appetite
- Increased sense of touch and being touched
- Dilated pupils
- Visual distortions
- Jaw clenching and teeth grinding
- Muscle tension
- Nausea and vomiting
- Rapid, involuntary eye jiggling (eye wobbles)
- Restlessness
- Nervousness
- Increased heart rate and blood pressure (increases with dose)
- Increased body temperature, which can cause hyperthermia and dehydration
- Decreased electrolyte levels (hyponatremia)
- Change in body temperature regulation
- Decreased pain perception
- Insomnia
- Erectyle dysfunction and difficulty reaching orgasm
- Headaches, dizziness, loss of balance and vertigo

Emotional

- Mood lift, euphoria
- Feelings of love and empathy
- Feelings of comfort, belonging and closeness to others
- Post-trip crash - harsh come-down from the peak effect
- Overwhelming and unexpected emotional experiences
- Life-changing spiritual experiences
- Depression and/or fatigue post partying

Psychological

- Increased awareness of senses (taste, touch, sound, smell)
- Increased willingness to communicate
- Decreased fear, anxiety and insecurities
- A sense of inner peace and acceptance of self, others and the world
- Bright and intense sensations and/or mild visual hallucinations
- Short-term memory loss or confusion/scramble
- Psychological crisis (psychotic episodes, severe panic attacks, etc.) (very rare)

Approximately 2 per 100,000 users have extreme negative reactions resulting in death (very rare)

STREET NAMES

Pills, E, Round ones, Biccies, MD, Eccies, Flippers

CHEMICAL COMPOUND

Could include MDMA (methylenedioxyamphetamine), MDEA and MDA (similar to MDMA), Speed, Ketamine, BZP (benzylpiperazine), PMA (paramethoxyamphetamine), 4-MMC (meow meow)

