

MDMA

MDMA is a Class A stimulant-hallucinogenic, popular for its euphoric properties.

Common forms of MDMA:

Tablet form (commonly known as Ecstasy or Ping)

Powder form (Commonly known as MDMA or Molly)

MDMA can be snorted, smoked or bombed (this is when a small amount of MDMA powder is put in some paper – commonly rolling paper, and is swallowed).

When MDMA is in tablet or capsule form, distributors often used brand names or logo's to distinguish themselves (4 leaf clovers, superman, butterflies, lightning bolts, Rolex, etc).

What are the effects of MDMA?

Short term effects: rapid heart rate and breathing, exhaustion, sweating, increased energy, increased self-confidence, teeth grinding, heat exhaustion, dehydration, sweating.

Long term effects: impulsive behaviours, increased aggression, disrupted sleep, confusion, anxiety, loss of attention and appetite, memory problems, lack of energy,

Risks:

- Heat stroke
- Dehydration/Hyper-hydration
- Brain toxicity
- Dependency
- Serotonin Syndrome
- Cut with adulterants that can be more harmful
- A lot of 'fake' pills out there that contain Cathinones which are unpredictable.

Some recent MDMA alerts from The Loop:

CAUTION: Pharaoh pills
4 pills - 4 different drugs

- Yellow pill contains **benzocaine**, a local anaesthetic used in dentistry & as a bulking agent for cocaine, but not psychoactive.
- Blue pill contains **4-CMC**, a cathinone with more stimulation & less euphoria than MDMA.
- Pink pill contains **eutylone**, a potent cathinone that can cause severe insomnia & psychosis.
- Brown pill contains **MDMA**.

Pills that look similar can contain completely different drugs.
Drug checking services like The Loop reduce your risk of taking an imposter drug.
#GoSlowStayLow #TimeToTest

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ALERT: Louis Vuitton pills containing 3-MMC

Multiple beige & grey Louis Vuitton pills tested at Parklife 2021, reportedly bought in Manchester, were found to contain **metaphedrone (3-MMC)**.

3-MMC is a cathinone similar to mephedrone (4-MMC) with stronger stimulant & weaker euphoric effects.

It produces a strong urge to keep redosing.

These pills contain **1.5x** a common adult dose of 3-MMC.

Please seek medical help if unwell.

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If you would like some further information or talk to one of the UTURN team please contact via email uturn@swindon.gov.uk or call Becky on 07766368328. We offer confidential advice and guidance



Harm Reduction Advice:

Start low and go slow, especially if you are taking a drug you have never used before. Take a small amount at first (eg, break the pill in half or quarters) and let it reach its peak effect to test how strong it is.

Test your drugs - A pill or powder can contain any substances/adulterants – know what you are taking!

Drink water, but not too much. Chew gum to avoid teeth grinding.

Be aware of body temperature – take a break from dancing/wear layers so you can remove them if you get hot.

If you sniff - always use a clean device (not money), do not share, snort high up the nostril to avoid the most sensitive soft tissue, clean out nasal passages, alternate nostrils. Swallowing – ingest within a capsule or cigarette paper as stimulant drugs are caustic and can corrode soft tissues

Be with people you trust, will they call an ambulance if you pass out?

Serotonin Syndrome – know the signs – it will save your life.

How much MDMA?

Small/sensitive people/first timers: 60-90mg

Recommended dose for most people: 75-125mg

Large/less sensitive people: 110-150mg

Strong dose: 150-200mg

Heavy dose: 200mg+

Guideline by body weight: 0.7mg per lb, or 1.54mg per kg