

MDMA



Known as

Molly, ecstasy, E



How it's used

As a powder, it is wrapped and swallowed (bombed) or dabbed on gums. It also comes in pill form, which are swallowed



How it can make you feel

Euphoric, energetic, increased heart rate and temperature, confused



How long it lasts

Effects are usually felt in 20 – 60 minutes (sometimes longer), and can last up to 4 – 6 hours



Important to know

Ecstasy comes in different colours, shapes, and logos, and UK pills have been found to contain up to three times the adult dose, with no way of knowing contents or strength without testing.

What it can do

- Increase body temperature and overheating when combined with dancing
- Cause excessive thirst
- Impact mood for several days after using

How to reduce the risks

- Start with a low dose and take it slow
- Crush finely and dab a small amount
- If using ecstasy, start with a quarter of a pill. Wait at least an hour before taking any more
- Avoid mixing with other drugs, including alcohol
- Stay hydrated, drinking between half a pint and a pint per hour
- Take breaks from dancing to avoid overheating
- Weigh your dose
- Avoid snorting
- Leave around three months between sessions to allow your body to fully recover
- Test your drugs. You can send a sample to WEDINOS who will post the results anonymously online



If you or anyone you are with are unwell, call 999 or seek medical help straight away



If you would like information, advice or support with substance use, visit www.inspireservice.co.uk

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