

ECSTASY

WHAT YOU NEED TO KNOW

What is it?

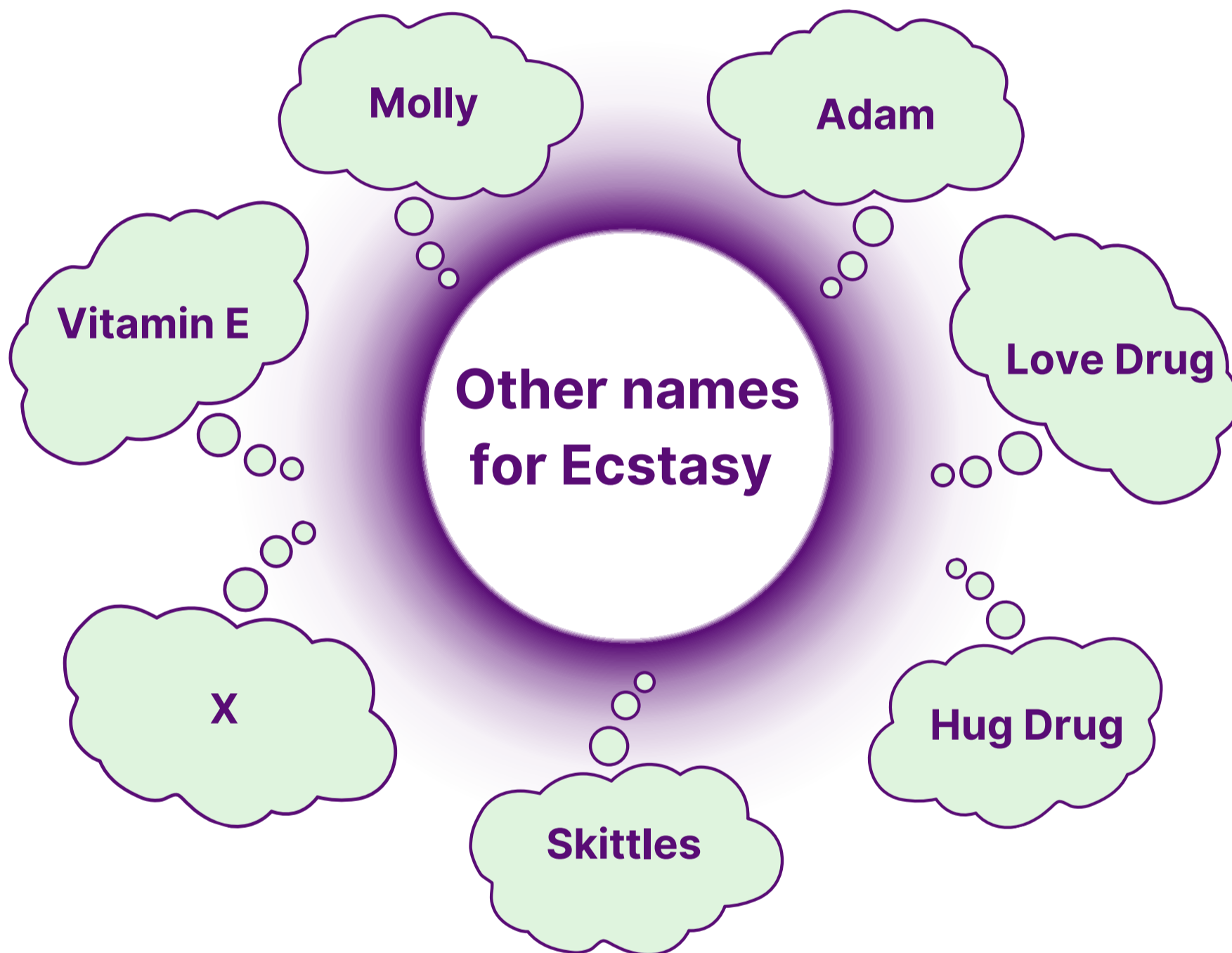
Ecstasy is psychoactive

3,4-Methylenedioxymethamphetamine (MDMA) is commonly known as ecstasy and molly.



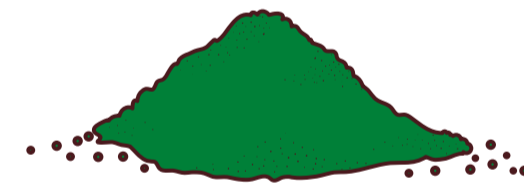
MDMA is a synthetic, psychoactive (mind-altering) drug with hallucinogenic and amphetamine-like properties. It's used during party events, such as raves, because of its ability to give intense feelings of happiness and pleasure.

It is commonly laced with other drugs, and the amount of ecstasy in the product varies widely.

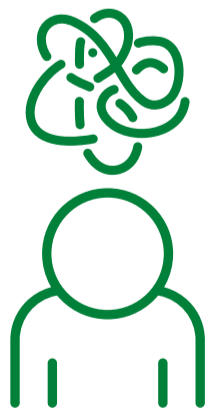


How is it used?

Ecstasy can be taken orally, snorted, and injected. It can also be dissolved into drinks.



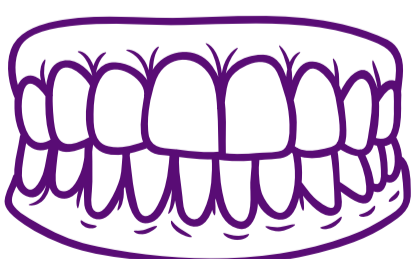
What are the effects?



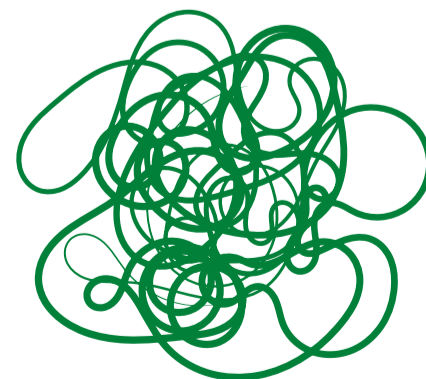
Ecstasy increases feelings of happiness, pleasure, and intimacy. It can lead to risky sexual activity.



Ecstasy can make it hard to sleep. It can also lower appetite.



Ecstasy causes muscle clenching, especially in the jaw. It may lead to soreness for days afterwards.



Coming down from Ecstasy can cause confusion and intense feelings of depression. This may last for a few days.



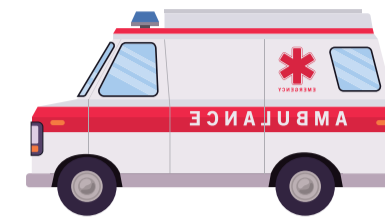
Ecstasy raises heart rate and blood pressure. It increases body temperature and can lead to dehydration.



Ecstasy can cause memory loss, drug cravings, and paranoia, which can last weeks after stopping.

ECSTASY

When do you seek emergency help?



Overdose or poisoning: Taking too much MDMA or combining it with other substances.

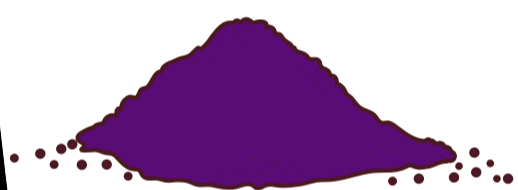
Signs: Extreme body temperature, hallucinations, psychosis, seizures, difficulty breathing, and a rapid heart rate.

Get help right away! MDMA overdoses or poisonings are a medical emergency.

Did you know?

Ecstasy often has other substances, such as meth or fentanyl, mixed in. These substances can quickly lead to fatal overdoses.

If you experience any unexpected effects from ecstasy, stop immediately and get help!



How to stay safer?



Not using ecstasy is the best way to stay safer and avoid harms.

If you still decide to use ecstasy, consider these harm reduction strategies:

- 1 **Plan for safety.** Have a ride arranged for after you use ecstasy. Bring condoms in case sex is a possibility.
- 2 **Stick with friends.** Watch out for them, and have them watch out for you too.
- 3 **Don't use alone.** Always have a buddy with you, and check in with friends to make sure they get home safely. Share your location with someone you trust.
- 4 **Moderate use.** Regular use can affect your memory, mood, and relationships with others.
- 5 **Stay hydrated.** Ecstasy can quickly lead to dehydration!
- 6 **Choose oral.** Snorting and injecting ecstasy increases the risk of overdose, injury, and infections.
- 7 **Don't mix!** Mixing ecstasy with other substances can greatly increase your risk of serious side effects—including overdosing! It is extremely dangerous when to take with other stimulants (e.g., cocaine).

Naloxone Kits

Naloxone can save your life! It temporarily reverses the effects of opioids mixed into ecstasy.

Check out our naloxone instructions: decyde.ca/educational-materials/#substance-use



Call 811 to find out where to get a free kit



For more information visit us at: www.DECYDE.ca



These documents are intended to support educators in their delivery of drug education. They are not for direct student use unless deemed developmentally appropriate.

References:

1. National Institute on Drug Abuse. (2021). What are the effects of MDMA?. Retrieved on september 15 2023 from <https://nida.nih.gov/publications/research-reports/mdma-ecstasy-abuse/what-are-effects-mdma>
2. Hoffman, R. (2023). MDMA (ecstasy) Intoxication. *UpToDate*. Retrieved on september 15 2023 from https://www.uptodate.com/contents/mdma-ecstasy-intoxication?search=MDMA&source=search_result&selectedTitle=1~121&usage_type=default&display_rank=1
3. Centre for Addiction and Mental Health. (n.d.) Ecstasy. Retrieved on september 15 2023 from <https://www.camh.ca/en/health-info/mental-illness-and-addiction-index/ecstasy>