**What is MDMA / Ecstasy?**

MDMA is the active ingredient in ecstasy. It is a stimulant that speeds up body functions and changes the way you feel.

**Did you know?**

In New Zealand, there are likely to be additional and unknown chemicals in a pill/dose of ecstasy.

<table>
<thead>
<tr>
<th>During use, it can make you feel:</th>
<th>Afterward, signs of a comedown can be:</th>
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<tbody>
<tr>
<td>Euphoric</td>
<td>Low energy</td>
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<tr>
<td>Energetic</td>
<td>Difficulty sleeping</td>
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<tr>
<td>Closer to people</td>
<td>Irritability</td>
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<tr>
<td>Enhanced sensation</td>
<td>Low mood / anxiety</td>
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<tr>
<td>Rapid heartbeat</td>
<td>Difficulty concentrating</td>
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<tr>
<td>Hot / Dehydrated</td>
<td>Sweaty</td>
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<tr>
<td>Grinding teeth</td>
<td>Upset stomach</td>
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<tr>
<td>Decreased appetite</td>
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<td>Anxious</td>
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<tr>
<td>Uncoordinated</td>
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<tr>
<td>Sick / vomiting</td>
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<tr>
<td>Disorientation</td>
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<td>Paranoid</td>
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<td>Blurry vision</td>
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<td>This may last 1-4 days</td>
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If someone is experiencing:

- Vomiting
- Blurred vision
- Extreme muscle cramps
- Anxiety
- Fainting
- Seizures

Then:

- Stay with them
- Find a safe, cool place to calm down
- Give them a sweet non-alcoholic drink
- Lie them on their side with open airways
- Call 111
Unpleasant effects outweigh the pleasant effects

**ABOUT MDMA / ECSTASY**

Be safer with MDMA by:
- Planning your use and the comedown
- Using less and waiting an hour before deciding to take any more
- Drinking water regularly and take breaks to cool down if dancing
- Avoiding mixing with alcohol, medications and other drugs
- Using in safe environments
- Using drug checking services
- Bringing only what you will use
- Avoiding while pregnant

Look after yourself by:
- Taking a break to let your brain/body recover

Consider making changes if:
- Using and come downs affecting relationships, study or work
- Unpleasant effects outweigh the pleasant effects

Get support to make changes if:
- Having low mood or anxiety
- Using MDMA weekly or more
- Spending more time/money on MDMA than you want
- Always thinking about MDMA
- Others are concerned about your MDMA use

Seek professional help if you or someone you know is:
- Using more to get the same effect or feel ‘normal’
- Finding it hard to stop
- Using MDMA to avoid a come down
- Have suicidal thoughts

For support and information contact:
- Alcohol Drug Helpline Txt 8681 Call 0800 787 797
drugfoundation.org.nz optforwellbeing.org

**Ata haere i a koe e hōpara i te ao**
Take care as you explore the world