

Do you know what you are taking?



The strength of your ecstasy pill may be higher than you think.

Ecstasy (MDMA):

It's safer not to use but if you do remember:

- Mixing drugs and alcohol can increase the risk of unwanted side effects
- Stay well hydrated by drinking water
- MDMA can make people sexually aroused. Always use a condom

Stay safe:

- Stay with trusted friends
- When buying always know your source
- Test dose a new batch
Begin with a low dose 1/4 pill
- Some pills are cut with other drugs that take effect more slowly
- Wait at least two hours before using any more

Look after yourself:

- Eat properly
- Have regular sleep after sessions
- Wait 4 weeks between sessions
- Chewing gum can help jaw cramps

If you have physical or mental health problems such as epilepsy, heart problems, asthma, depression, panic or anxiety attacks use is more risky. You are advised not to use.

It's always safer not to use illegal drugs.