



WHAT IS MDMA?

- MDMA, also known as “molly” or “ecstasy,” belongs to a family of drugs called entactogens (“touching within”).
- MDMA was popularized by use in party (specifically rave) communities, as well as more intimate social environments.
- Before it was made illegal in 1985, MDMA was a medication introduced to psychotherapy by Dr. Alexander Shulgin. Studies are currently evaluating the effectiveness of MDMA in PTSD treatment. It is on track to be approved by the FDA as a prescription medication in 2023.

WHAT ARE THE EFFECTS?

- Physical effects of MDMA include enhanced tactile sensation and typical stimulant effects around increased blood pressure and heart rate. Users may also experience dehydration, teeth grinding, eye wiggles, and difficulty urinating.
- Cognitive effects of MDMA include euphoria, feelings of wellbeing, and increased sociability. People also experience heightened feelings of empathy, emotional warmth, openness, and self-acceptance.
- MDMA is typically swallowed as a tablet or capsule. Effects are typically felt within 20 to 40 minutes, and the peak effects typically last around 90 to 120 minutes. The total duration is about 3-5 hours.
- Most users say the experience is very pleasant and highly controllable. It is very rare for an MDMA “roll” to be frightening or unpleasant, although under-dosing (doing too little) can feel very uncomfortable, and doing too much can be dangerous.

WHAT'S A TYPICAL DOSE?

- For most people, a standard dose of MDMA is between 80 and 125 mg. Some people require more to feel the desired effects, while others require less. (Note: Needing to take more and more MDMA to feel it properly indicates that you are building a tolerance and may be rolling too frequently.)
- Taking a single redose of 1/3 to 1/2 of the original dose around 90 minutes later can extend the peak of the experience by a few hours. Redosing any more than this will usually only increase side effects, especially the hangover.

BE CAREFUL

- Since MDMA increases core body temperature, overheating is a serious risk. This risk is compounded by being in a hot environment, taking a large dose, mixing with other temperature-raising drugs like cocaine or amphetamine, and/or lots of physical exertion.
- Severe headache on any stimulant may be a sign of dangerously high blood pressure. Seek medical attention for a severe, splitting headache.
- Drinking too much or too little water on MDMA can be deadly. Aim for about 1-3 cups (6-18 oz) of water per hour, or up to 4 cups (24 oz) if you're exerting yourself. Electrolyte powders and salty snacks can help prevent hydration-related illness.
- MDMA works by releasing (and depleting) a chemical in your brain called serotonin. Your brain needs time to replenish its serotonin levels, which is why rolling frequently or on high doses can lead to prolonged feelings of depression or emotional sensitivity.
- Very high or frequent doses of MDMA can cause neurotoxicity, in which serotonin neurons are damaged. This may be reversible with a long period of abstinence.
- Although many users experience a pleasant mood the next day, known as an “afterglow,” some people experience sadness, irritability, or emotional exhaustion in the days after taking MDMA (“blues”).
- To minimize the risks of MDMA, space your rolls by a minimum of 3-6 months and try not to increase your normal dose if it still works for you.

MORE HARM REDUCTION TIPS

- MDMA is not physically dependence-forming, but it can take on great importance in people's lives, and some people start compulsively using it every weekend.
- If taken too frequently, MDMA can stop working. Users report that the “magic” goes away. This can last for many years or even be permanent.
- There are some supplements that may offer a protective effect against MDMA hangover or toxicity, but nothing replaces spacing your rolls out.
- Many medications interact with MDMA. Always check individual interactions.



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