

fancy some

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mdma & e's?

ECSTASY MDMA, E's, eckies, pills, sweetsies...

Description: MDMA may be powder or crystalline. This is active ingredient found in most pills sold as ecstasy. Colours vary & may include white, yellow, pink, brown, speckled.

Effects

Short term effects can last for several hours. These include increased blood pressure, heart rate and body temperature. Gives you feelings of euphoria (luv'd up), a greater sense of well being and sociability. Other physical effects may include jaw clenching (gurning), muscle stiffness, eye flickering and dry mouth. Medium/long term use can affect your mood. People who take MDMA regularly for a long time can get paranoid, have panic attacks or feel depressed. Comedowns happen for 3-4 days after, and can leave you feeling down and irritable. Higher doses can make you gouch.

Health Risks

Include heatstroke, dehydration, over hydration, teeth erosion and mouth ulcers, heart failure, anxiety and feelings of depression. Avoid sharing your tooter if snorting.

Taking it

Ecstasy is usually swallowed (pill) or snorted (powder). **Pills** start with ½, wait 45 minutes to 1 hour to feel the effect. More than one pill does may not mean more effect but does mean further to comedown. Ecstasy can be cut with other drugs such as speed or ketamine (not with heroin to date), and may have different amounts of MDMA in, so easing in helps you monitor the effects. **MDMA powder** is often snorted. Usually sold in ½ grams, start with a little (a crystal / finger dab) as the effects may be stronger. Powder can have stronger effects, the physical & emotional side effects may be more intense.

Drug Testing

Ecstasy may show up in urine tests for a minimum of 3 - 4 days after use. This is different for everyone & will vary with bodyweight, amount taken and frequency of use.

Tips

Safer dancing

Ecstasy raises body temperature as does dancing. If dancing energetically in a hot club replace lost fluids gradually by sipping 1 pint of water over an hour. If not dancing - don't drink as much. Remember too much water can be as dangerous as too little. Avoid mixing with alcohol as it can dull ecstasy effects and increases chances of dehydration. Chill out regularly. Cool down. Dress for inside & outside the club. If you do feel crap, tell someone, take time out & remember that the effects will wear off.

Comedowns

You may not want to eat for a while after so eat well before you go out & make sure you have easy to eat food at home. Catch up on sleep (without taking downers or smoking cannabis). Plan to take time off if required.

Law

Possession & supply (dealing, sharing or possession with intent to supply) are illegal. Maximum penalty for possession is 7 years and unlimited fine. Maximum penalty for supply is Life and an unlimited fine (Class A, Schedule 1 under the Misuse of Drugs Act)

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drop in opening times

1pm - 5pm wed - sat

3pm - 7pm thurs

telephone helpline

10am - 5pm mon - fri

1pm - 5pm sat

answerphone at other times