



**What you need
to know about
MDMA.**



Stay Safe

- **Pills:** take a ¼ of a pill maximum. **Powders:** take no more than 1/10th of a gram if swallowed, and less if snorting (1/10th gram is about the same as three or four grains of rice).
- Give it time to take effect & wait at least two hours before using any more. If you want to take more don't take everything in one go. Use maybe half as much as you did for the first dose.
- Keep an eye on how much water/soft drink (non-caffeinated) you're drinking. Sports recovery drinks (not energy drinks) are good for replacing fluids & vital chemicals. Sip it & don't drink more than a pint of water/soft drink every hour.
- Too little and too much water are both dangerous. Dehydration increases risk of overheating. Too much can cause life-threatening swelling to the brain.
- Don't worry if you can't pee; it's a side effect of MDMA and doesn't mean you are dehydrated.
- MDMA can cause body temperature to go dangerously high, so take regular breaks from the dance floor to cool down & relax, try & go outside and get some fresh air and splash cold water on your face & neck.
- Chewing gum can help jaw cramps.
- MDMA can make people touchy feely & horny. Stay with friends you trust. Have condoms with you & practise safe sex.

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