



MDMA / Ecstasy

HARM REDUCTION

The easiest way to stay safe is by not taking drugs.
However, if you still decide to use MDMA:

Consider just ¼ of a pill, or a small dab of powder

Wait at least one hour before taking any more

Many pills in circulation contain a large amount of MDMA - sometimes up to 3x an average adult dose. Pills that look the same, even from the same batch, may have different contents. It may take longer to feel the effects. Always start with a small dose and wait for the effects to hit, this can take 90 minutes or more



Avoid mixing with other drugs

Mixing with alcohol & other drugs (eg. cocaine & ketamine) increase the risk

Mixing drugs increases their risk to you - be aware of any interactions between drugs including alcohol & prescription medications including antidepressants (e.g. SSRIs). Mixing with stimulants like cocaine and MDMA increases the risk to your heart.



Sip water regularly

Aim to drink around 1/2 pint per hour

Aim to drink around ½ pint per hour. If you are sweating a lot you can become dehydrated, losing essential electrolytes your brain and body need. MDMA can increase the feeling of thirst, making it easy to drink too much water - risking overhydration. Soft drinks are a good choice to rehydrate.



Take frequent breaks to cool down

Pay attention to your body & be mindful of heatstroke

MDMA makes it hard for your body to control temperature. If you are in a hot, crowded environment it can be easy to overheat. Take regular breaks from dancing in a cool area - your body will thank you the next day.



Ask for help if needed

Be aware of the signs of an emergency and know when to get help

Look out for: excessive sweating, disorientation, agitation, people who are hot to the touch or so hot they have stopped sweating. Pace yourself, know your limits & look after yourself and those around you.



The easiest way to stay safe is by not taking drugs; this guide is intended to minimise harm for those who decide to anyway. Every effort has been made to ensure that the information in this infographic is in keeping with the latest harm reduction advice. However, please use your own judgement & supplement with your own research whenever possible.

<https://wearetheloop.org/crush-dab-wait>

Oral MDMA Dosages, provided by www.Erowid.org

Light 40 - 75 mg

Common (small or sensitive people) 60 - 90 mg

Common (most people) 75 - 125 mg

Common (large or less sensitive people) 110 - 150 mg

additional resources:

- rollsafe.org
- psychonautwiki.org
- drugsand.me
- drugs.tripsit.me
- erowid.org
- drugscience.org.uk



www.WeAreTheLoop.org

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