



WHAT IS IT?

Ecstasy is the pill form of the drug, MDMA – often with a design or logo on it. Street names include Es, eccies, pills, XTC, swedgers, sweeties. It also comes as a fine white or crystal-like powder called mandy or molly.



HOW IS IT TAKEN?

Ecstasy is usually swallowed as a tablet. The powder form may be wrapped in a cigarette paper and swallowed – called ‘bombing’. It can also be snorted in lines with a small tube or dissolved in a drink.

KNOW THE LAW

Ecstasy is a Class A drug. Possession can result in a fine and/or prison for a maximum of 7 years. If someone is charged with ‘supply’, they should expect heavier fines and/or up to a life sentence in prison.



THE EFFECTS

Ecstasy increases heartbeat, stimulation and perception - with users often feeling a greater connection with music and other people. Effects usually come on within 1-2 hours and last several hours. After use, most people will have a ‘comedown’, where they feel tired, low and anxious.

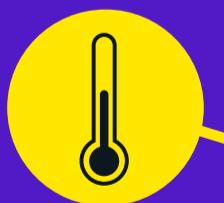


KNOW THE SCORE ABOUT ECSTASY



UNKNOWN RISKS

Ecstasy can contain different drugs, so it's impossible to know what the effects will be. If it contains drugs like PMA/PMMA it can be toxic. The risks of dangerous side effects are increased when more is taken too quickly or if it is mixed with other drugs or alcohol.



DANGERS OF OVERHEATING

Ecstasy can cause overheating and dehydration. Hot clubs, dancing without breaks, not drinking enough water and drinking alcohol makes this worse. Drinking water or non-alcoholic, isotonic drinks can help with dehydration, but users shouldn't consume more than a pint every hour.

LOOK AFTER YOURSELF AND YOUR PALS

Don't feel pressured into taking drugs. It's important to stay with friends and make sure they get home safely. If a friend has taken ecstasy and experiences bad effects, the quicker you get them to medical help the better.



HOW MUCH IS TOO MUCH?

Contents and strength vary, so it's difficult to know how much an active dose is. Taking more than one pill at a time is very risky. Even pills with the same markings have been known to contain different substances and strengths of MDMA.



WHAT TO DO IN AN EMERGENCY

Never be scared to ask services for help. If you think a friend is unwell, especially if they're overheating, call 999 immediately, move them somewhere cool, loosen tight clothing and use cool cloths on their face and body or fan them.

WHERE TO GET INFORMATION, ADVICE AND SUPPORT.

For support in your area, search scottishdrugservices.com. For free, confidential advice call the Know The Score helpline on 0800 587 587 9 (lines open 8am-11pm, 7 days a week).

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