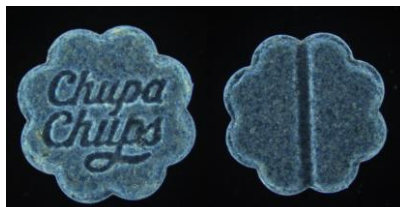


# Drug warning

## High and variable dose MDMA (ecstasy) tablets

High-dose MDMA (ecstasy) tablets have been found in NSW. These high-dose tablets contain **three times the dose** of other MDMA tablets and capsules commonly found circulating in NSW.

NSW Health has recently identified high-dose blue tablets labelled “Chupa Chups” (average dose was 188mg). The tablets were from a Police seizure earlier this year.



### REDUCE YOUR RISK OF HARM

CHECK OUT THE SUPPORT SERVICES AVAILABLE ONLINE AND OVER THE PHONE:

[NUAA](#) & [Alcohol and Drug Information Service](#)

### Know the risks

Taking one MDMA (ecstasy) tablet or capsule by itself can cause overdose or death, **but the risk of harm is higher if:**

- you take more than one MDMA (ecstasy) tablet or capsule
- you take a high-dose MDMA (ecstasy) tablet or capsule
- you use other stimulant drugs (e.g. methamphetamine, cocaine or caffeine) at the same time
- you use alcohol, certain medicines or illicit drugs at the same time

MDMA (ecstasy) is often poorly manufactured and the **amount of MDMA in a tablet or capsule can vary a lot**, even within the same batch. The time from taking the drug to feeling any effect can vary significantly depending on the drug as well as the individual person.

MDMA (ecstasy) has been linked to **death, serious harm and life-long complications**. Numerous deaths in NSW in the past two years were a direct result of taking high doses of MDMA, not contaminated, adulterated or ‘fake’ MDMA.

### Information and advice

- Do not take these tablets.
- Get help **immediately** if you or someone else have taken one of these tablets and feel unwell, and tell someone what you have taken.
- Signs that you should seek help immediately: **feeling really hot, rigid muscles, confusion or agitation, racing pulse/heart, feeling aggressive, uncontrolled repetitive movements, vomiting, seizures, difficult to rouse / unconscious.**
- **Maintain social distancing as advised, but stay connected with your friends and family.**

### Getting help

If you see the warning signs of overdose or distress, **call Triple Zero (000) for emergency assistance.**

For information about the potential adverse effects of MDMA, please contact the [NSW Poisons Information Centre](#) on **13 11 26**.

For free and confidential advice 24/7 call [Alcohol and Drug Information Service](#) (ADIS) on **1800 250 015**. Counsellors are available to provide information, referrals, crisis counselling and support. Or start a [Web Chat](#) with an ADIS counsellor online Monday to Friday, 8.30am – 5pm.

Visit [Your Room](#) for more information on effects of [MDMA](#) and other resources.

Visit [NUAA](#) or call **1800 644 413** for a range of resources to support you, friends and family.