

# DRUG WARNING

## Multiple types of high dose MDMA (ecstasy) tablets found in NSW

### Know the risks

- You are at **increased risk of harm** if you:
  - Take multiple MDMA (ecstasy) tablets or capsules
  - Take a higher-dose MDMA tablet or capsule
  - Use other stimulant drugs (e.g. amphetamines or cocaine) at the same time
  - Take MDMA in a hot environment like a music festival or indoor dance party
- 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. If it's not working, don't re-dose.
- High-dose MDMA use has been linked to death and other serious harms.

### Effects to look out for

- Feeling really hot and sweaty
- Racing pulse/heart or lightheaded
- Rigid muscles (e.g. difficulty walking), uncontrolled repetitive movements, seizures
- Confusion or agitation, feeling aggressive, difficult to rouse / unconscious
- Vomiting

If you or others experience these symptoms after taking MDMA, get help immediately.

### Getting help

If you or your friends see the warning signs of overdose:

Seek help immediately from your nearest emergency department or call **Triple Zero (000)**. You won't get into trouble for seeking medical care.

Start **CPR** if someone is not breathing.



Multiple types of high dose MDMA (ecstasy) tablets have recently been found in NSW.

- Blue diamond shaped tablet with 'punisher' logo contained 216 mg MDMA
- Blue skull shaped tablet with 'MYBRAND' logo and text contained 216 mg MDMA
- Yellow square tablet with 'SpongeBob' smiley face markings contained 160 mg MDMA

These tablets contain up to twice the average amount usually contained in MDMA tablets circulating in NSW.



Tablet appearance is not a reliable indicator of drug contents

Other drugs including cathinones, ketamine and ketamine analogues have recently been detected in some MDMA tablets and capsules.

### Support and advice

For free and confidential advice:

- Call [Alcohol and Drug Information Service](#) (ADIS) on 1800 250 015 at any time 24/7. Start a [Web Chat](#) with an ADIS counsellor Mon-Fri, 8.30am-5pm.
- Call [NUAA](#) on 1800 644 413 (Mon-Fri 9am-5pm) to speak to a peer or visit [NUAA](#) for a range of resources.
- Call the [NSW Poisons Information Centre](#) on 13 11 26 for information on adverse effects from drugs.
- Visit [Your Room](#) for fact sheets and other resources.



<https://www.health.nsw.gov.au/aod/public-drug-alerts/Pages/default.aspx>

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