

DRUG WARNING

High and variable dose MDMA (ecstasy) tablets – round and light blue with a superman logo

Know the risks

- You are at increased risk of harm if you:
 - take multiple MDMA (ecstasy) tablets or capsules
 - take a high-dose MDMA (ecstasy) tablet or capsule
 - use other stimulant drugs (e.g. methamphetamine, cocaine or caffeine) at the same time
 - use alcohol, certain medicines or illicit drugs at the same time
- Hot and humid weather will also increase the risk, as MDMA causes the body to dangerously overheat.
- 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.

Effects to look out for

- Feeling really hot, light headedness, rigid muscles, confusion or agitation, racing pulse/heart, feeling aggressive, uncontrolled repetitive movements, vomiting, seizures, difficult to rouse / unconscious

Getting help

Seek help immediately from your nearest emergency department or call **Triple Zero (000)**.

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



High dose MDMA tablets have been found at a NSW music festival in December 2021, average dose of 164mg



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.



Take Home Naloxone Program

- It is becoming more common for substances to be contaminated with opioids. Signs include loss of consciousness, slow/difficult breathing, skin turning blue. Anyone who uses drugs can get naloxone, which reverses opioid overdose.
- Naloxone is free, for participating locations and more information: <https://yourroom.health.nsw.gov.au/getting-help/Pages/Naloxone.aspx>.

Call '000' even if naloxone has been administered.

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

