

# Drug warning

## High and variable dose MDMA (ecstasy) tablets and capsules

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

NSW Health has recently identified high dose orange/white “QDance” tablets (average dose approximately 190mg).



### Know the risks

Taking one MDMA (ecstasy) tablet or capsule by itself can kill, **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 (such as methamphetamine or cocaine) at the same time**

MDMA (ecstasy) is often poorly manufactured and the **amount of MDMA in a tablet/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 and the person.

Hot and humid weather will also increase the risk, as MDMA causes the body to dangerously overheat.

MDMA (ecstasy) has been linked to **death, serious harm and life-long complications**. Recent deaths in NSW were a direct result of taking high doses of MDMA, not contaminated or 'fake' MDMA tablets or capsules.

### 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.**
- Look after your mates.

### Getting help

If you see the warning signs of overdose or distress, **get help fast by calling 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 drugs, news, fact sheets and other resources.