

MDMA: harm minimisation strategies

Measure your doses accurately

- ▶ Avoid taking more than 150 milligrams in one go.
- ▶ Wait at least two hours before re-dosing.

Look after your body

Drink enough water to stay hydrated (but not too much). The amount to aim for will depend on whether you're taking a break and resting, or being active. Consume one glass (250 ml) per hour when inactive or two glasses (500 ml) per hour when active. Drink plenty of water 24 hours before you use it.

Set and setting

Your mindset (set) and environment (setting) can strongly influence how MDMA affects you - and whether the experience feels enjoyable or overwhelming. Being aware of these factors can help reduce unwanted effects.

Set: think about how you're feeling before you use MDMA. If you're anxious, stressed, depressed or in a negative mood, MDMA could make those feelings even worse.

Setting: use in a familiar safe place, and ideally with friends you trust. Try to avoid hot and crowded places, to reduce the chance of getting too hot. This can make your experience more enjoyable and safer.

Mixing and masking

Mixing: avoid mixing with other drugs, especially alcohol, caffeine, stimulants, and substances that affect serotonin (e.g., antidepressants, DMT, methamphetamine). These combinations can increase the risk of negative effects and serotonin syndrome.

Masking: mixing a depressant and a stimulant can 'mask' effects of each drug and make your body feel like it's not under much strain. Different drugs can also wear off faster than others, so if this happens you might overamp or overdose.



Contact us for support

If you're struggling with alcohol or other drugs, we're here for you.

We offer a variety of community and residential programs throughout Queensland and New South Wales, helping thousands of people every year to navigate alcohol and drug challenges and move forward in life.

 **1300 727 957**

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Risky mixes with MDMA

MDMA and other stimulants (cocaine, methamphetamine)



Risks: can cause serious cardiovascular stress and serotonin syndrome, which happens when serotonin builds up in the body. Warning signs include rapid breathing, fever, muscle twitching, seizures, and a high pulse. Seek medical attention immediately if these occur.

MDMA and antidepressants (SSRIs, MAOIs)



Risks: increases the risk of serotonin syndrome.

MDMA and alcohol



Risks: increases your risk of dehydration and overheating.

Remember:

The effects of any substance can vary based on individual factors, environment, tolerance, and purity.

No dose is completely without risk. When possible, start low and go slow, avoid using alone, and take steps to care for yourself and others.

