

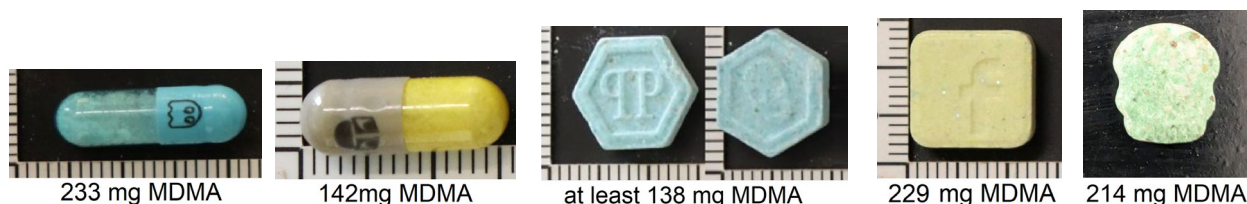
# Drug advice

## High-dose MDMA capsules and pills are circulating in Victoria

### > Various products – containing up to 2-3 typical doses of MDMA – are being sold

**MDMA ('ecstasy')** is an empathogen stimulant with effects including euphoria and increased sociability, but also increased body temperature, heart rate and blood pressure. Higher doses can lead to life-threatening **hyperthermia**.

Recent testing of **multiple products obtained in Victoria (pictured)** showed MDMA doses of up to **233 milligrams** of MDMA (measured as 'free base'). A **typical dose** of MDMA is **70-100 milligrams**. The products include a blue 'ghost' capsule, yellow 'Boba Fett' capsule, blue hexagon-shaped 'Philipp Plein' tablet, yellow sparkly 'Facebook' tablet, and green skull-shaped tablet.



It's very unusual for **multi-dose capsules** of MDMA to be sold as 'ready for consumption'.

### > Start low and go slow with MDMA dosing – and know the signs of toxicity

The amount of MDMA in a capsule or pill can **vary significantly**, even within the same batch. If you choose to use MDMA, start low and go slow with dosing. If consuming any other substance or redosing, **wait until peak effects have passed**.

**Very hot, crowded and humid environments** can also make your 'normal' MDMA dose hazardous. Mixing with **other substances** – especially stimulants like cocaine or amphetamines or **medications** for anxiety and depression such as 'SSRIs', 'SNRIs' and 'TCAs' – can increase the chance of life-threatening hyperthermia or other unpredictable or toxic effects.

**Signs of drug-related hyperthermia** include feeling uncomfortably hot and sweaty, nausea and vomiting, feeling light-headed, excessive thirst, confusion, agitation, muscle spasms, seizures or losing consciousness.

### > Reduce the risk of harm

If you experience any unusual or unexpected effects, or notice someone appearing confused or unwell, **seek urgent medical attention** by calling **Triple Zero (000)** or finding the **First Aid Service** if you're at a festival. **Don't delay seeking help** – getting help early can be the difference between life and death. You won't get into trouble for seeking help.

All alcohol and other drug use comes with risk, so:

- ✓ Use the [Victorian Pill Testing Service](#) to get free, confidential testing and health advice.
- ✓ Make sure you're in a **safe environment with people you trust**.
- ✓ **Sip water to stay hydrated** and **take breaks from dancing**, especially in hot or humid conditions.

- ✓ **Remember**, even ‘pure’ drugs can produce serious side effects and death. Get the facts at: [adf.org.au/drug-facts/](https://adf.org.au/drug-facts/)
- ✓ **Seek information** about your medications before mixing with other drugs: [adf.org.au/insights/mix-antidepressants-aod/](https://adf.org.au/insights/mix-antidepressants-aod/).

Contact **Harm Reduction Victoria’s DanceWize team** for anonymous support and education from peers. Talk to DanceWize volunteers by email at [info@dancewize.org.au](mailto:info@dancewize.org.au).

If you or someone you know needs help with alcohol or drug use, call DirectLine on 1800 888 236 or visit [directline.org.au](https://directline.org.au) for information and support to access treatment.