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# Ecstasy

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## Ecstasy

**Street names: E, Mandy, MDMA, Molly, X, XTC**

Ecstasy is a drug made in illegal labs.

People who use it experience psychedelic and hallucinogenic effects - they see and hear things that are not really there.

Ecstasy may contain other drugs such as caffeine, ephedrine, amphetamine and other toxic drugs which can be very harmful.

Ecstasy is a stimulant or 'upper'.

### Is ecstasy addictive?

Using ecstasy often can build up a tolerance so more is needed to get 'high'.

Ecstasy may become overly important for a user. They may crave the drug or take more than they meant to.

### Is ecstasy dangerous?

Ecstasy can be dangerous and the risk increases if it is taken more often and in larger amounts.

Taking ecstasy while partying (especially if dancing in a hot room), can cause overheating and dehydration. This can damage the heart, kidneys and liver, and even cause death.

Some people might accidentally drink too much water while using, which is also very dangerous.

Not all ecstasy is made the same way. This makes it difficult to know how it is made or how strong it is.

Combining ecstasy with other drugs can be very harmful.





# Ecstasy and Pregnancy

It is safest NOT to use ecstasy while pregnant.

There is very little known about the effects of ecstasy during pregnancy.

Ecstasy is often used or mixed with other drugs such as cocaine so it is hard to know what the effects are on the developing baby.



# Ecstasy and Breastfeeding

Ecstasy passes into a mother's breastmilk.

If you are using ecstasy it is best NOT to breastfeed.

This is because it is still unknown what the effects of ecstasy will be on a breastfed baby.

Babies exposed to ecstasy through breastmilk may have difficulty with learning and behaviour when they are older.

# Signs of Danger



## Overheating & Dehydration

## Drinking Too Much Water

- fast heartbeat
- lack of sweating
- dry flushed skin
- staggering
- confusion
- faintness
- coma

- nausea
- headache
- confusion
- muscle weakness, spasms or cramps
- seizures
- tiredness
- coma



■ 0-0 ■ **If someone is unconscious call 911 right away!**

# Using Safer

If you are using ecstasy there are ways to be safer.

## Before you start:



- Plan a safe way to get home and stay with people you trust
- Using ecstasy can increase your sex drive - bring condoms and lube with you for safer sex.
- Eat before and after using to help fuel your body

## When using ecstasy:

- Start with a small amount if you're not sure how strong it is
- Don't take more than 2 pills and don't take them at the same time - this will make you come down harder
- Swallowing pills is safer than injecting them
- Don't take ecstasy with alcohol - it can be dangerous
- Take a 10 minute break every hour if you are dancing and go to a cool place
- Have 2 glasses of water an hour (MAXIMUM) with salty snacks





# What can I do if I use?

It may be a struggle to not use ecstasy, but every little step you take helps you and your baby. Steps could be to:

- Stop using, if you can
- Use less or use less often
- Find ways to use that keep you safer (page 2)
- Take care of your health



Taking care of yourself also helps take care of your baby.

Here are some things you can do:

- Attend your prenatal appointments
- Be active when you can, rest when you need
- Eat foods that you like that have lots of nutrients - vegetables and fruits, milk or milk alternatives, whole wheat grains, fish, meats and alternatives
- Drink lots of water
- Cut down or quit smoking cigarettes and drinking alcohol
- Reduce stress - talk with a friend, take a bath, go for a walk

## You Are Not Alone!



# Where To Find Help

There are lots of places that offer support and treatment.

Speak with a worker about which one may be right for you.

Addictions Foundation of Manitoba (AFM).....	204-944-6200
AFM Women's Centre and Family Program.....	204-944-6229
Aboriginal Health & Wellness.....	204-925-3700
Behavioural Health Foundation.....	204-269-3430
Insight Mentoring Program.....	204-925-3750
Klinic Crisis Line (24 hour).....	204-786-8686
Manitoba Addiction Treatment Centres.....	204-582-9050
Mothering Project, Mount Carmel Clinic, Intake Line.....	204-479-0203
Native Addictions Council of Manitoba.....	204-586-8395
Salvation Army- Anchorage Program.....	204-946-9401

