

# **Q: When is Ecstasy not Ecstasy?**

# **A: When it's PMA / PMMA**

*A number of pills recently sold as ecstasy were tested and found to contain PMA/PMMA. These drugs differ from MDMA - traditionally the active ingredient in Ecstasy pills - and have been linked to a number of recent hospitalisations and deaths. There's no way of telling what's in a pill, just by looking at it. It's always safest not to take unknown or illicit drugs at all, but if you are going to use, be in the know:*

- **Start with half a pill, and wait two hours.**
- **If you don't come up as quickly as expected, don't assume you've got dud pills. PMA/PMMA can take longer to take effect.**
- **If you don't feel like you expect to feel, you may have taken PMA/PMMA. After taking PMA/PMMA, you might:**
  - **Feel a little drunk, similar to the effects of alcohol.**
  - **Have mild hallucinogen-like perceptions.**
  - **Have pins and needles, a numb or furry sensation of the skin or numbness in your limbs.**
- **Never double drop. If your pills have PMA/PMMA in them, you'll be in risky territory.**
- **Never mix your drugs. Alcohol, club drugs and prescribed drugs can all interact dangerously with PMA/PMMA.**
- **If dancing, rehydrate with water or isotonic drinks regularly, but don't go over a pint in an hour.**
- **Take breaks from dancing.**

**If you think you or a friend have taken PMA/PMMA:**

- **Don't take any more.**
- **Don't take other drugs.**
- **Seek medical advice.**

**For more information see the PMA/PMMA factsheet at [www.drugs.ie/pma](http://www.drugs.ie/pma)  
Or find a local service at [www.drugs.ie/services](http://www.drugs.ie/services)**