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 or find a local service at www.drugs.ie/services