

Do you know what you are taking?



Mephedrone ('Meow Meow'/MCAT)

Mephedrone is a powerful stimulant and is part of a group of drugs (Cathinones) closely related to amphetamines.

It's safer not to use but if you do remember:

- Mixing drugs and alcohol can increase the risk of unwanted side effects
- Stay well hydrated by drinking water
- When buying always know your source
- Only carry what you are going to use that day

Stay safe:

- Stay with trusted friends
- Avoid risky situations
- Don't use in unfamiliar surroundings
- Plan your session in advance
- Test dose a new batch
- Begin with a low dose before taking your regular dose
- Wait until it takes effect
- Sometimes it can be cut with other drugs that take effect more slowly
- Wait at least 60-90 min before using any more

Look after yourself:

- Eat properly
- Have regular sleep after sessions
- Wait 4 weeks between sessions
- Do not inject
- If snorting, clean out nose after use and use clean straw - don't share with anyone else and alternate between nostrils
- A nasal douche of luke warm salt water can help minimise the damage done by snorting

Mephedrone can cause physical and psychological unwanted side effects.

If you have physical or mental health problems such as epilepsy, heart problems, asthma, depression, panic or anxiety attacks use is more risky. You are advised not to use.

It's always safer not to use illegal drugs.