

# #SizeMatters



Research shows that bigger pills are more likely to be stronger pills.

Ecstasy pills tend to contain a similar ratio of MDMA : filler (typically 40:60) regardless of size, meaning that bigger pills often contain a higher dose of MDMA.

E.g. pills weighing 500mg often contain about 200mg MDMA (2x a common adult dose).



A study compared 32,000 ecstasy pills tested by 10 European drug checking organisations in 2012-21. The average ratio of MDMA: filler remains the same. Ecstasy pills are getting bigger in size, hence contain more milligrams of MDMA.

UK ecstasy pills tested by The Loop were very similar to Dutch pills tested by DIMS, in both MDMA content & total pill weight.

(Vrolijk et al. (2022), Drugs, Habits and Social Policy, 23(3))

## Don't assume one ecstasy pill is one dose.



- The Loop's testing has found a return to high strength pills this summer.
- Average strength is currently over 180mg (>1.5x an adult dose).
- 1 in 10 pills contain over 250mg MDMA (>2x an adult dose).
- #GoSlowStayLow - wait at least 90 minutes before considering redosing.

## Know the risks.

- #TakeQuarterSipWater.
- Overhydration and dehydration are both risks associated with taking MDMA.
- Aim to consume about 1/2 pint of water per hour and more if it is hot, crowded, or if you have been active for a prolonged period. Drink water slowly to avoid overhydration.
- Reaction to MDMA can be more unpredictable when combined with alcohol, cocaine, or other drugs, including prescription medication like antidepressants and tramadol.



Know the signs of an MDMA related emergency. If someone is red hot to touch, has rigid muscles or is confused, seek help immediately. You won't get in trouble.

If you see The Loop, please come and talk with our team about the latest harm reduction advice and information.