

# Safer Use of Ecstasy

- Drink **lots of water** to replenish body fluids. It is possible to drink **too much water too fast** so remember to sip, not gulp and 2-4 cups per hour is ideal.
- From time to time, **stop moving, take deep breaths and relax.**
- Maintain a **healthy lifestyle:** eat a balanced diet, take vitamins, and get plenty of sleep.
- Remember: **Less is more.** Large or frequent doses can increase the side effects without adding to the experience.
- Much of what is sold as Ecstasy is not pure MDMA. **Be cautious** of what you buy and who you buy from. Impurities may include amphetamine, LSD, ketamine, or PCP.
- Alcohol can reduce or change the effects of Ecstasy, and **the combination** can cause undesired effects.

## Disclaimer

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This material is from a pamphlet produced by the West Central Community Health Centres in Toronto, Canada - (416) 504-6131. This page has been updated with suggestions made by [Islandkidz](#) in Victoria, BC.