

MDMA AND PHANTOM PEES



What are MDMA effects?

Chatty

Jaw tension

Euphoria

Sexual Arousal

Felling more connected to music and people

Increase in heart rate and body temperature

Dry mouth

Dilated pupils

Increased feelings of empathy and connection



**Ever taken MDMA or
an ecstasy tablet and
not been able to pee?**

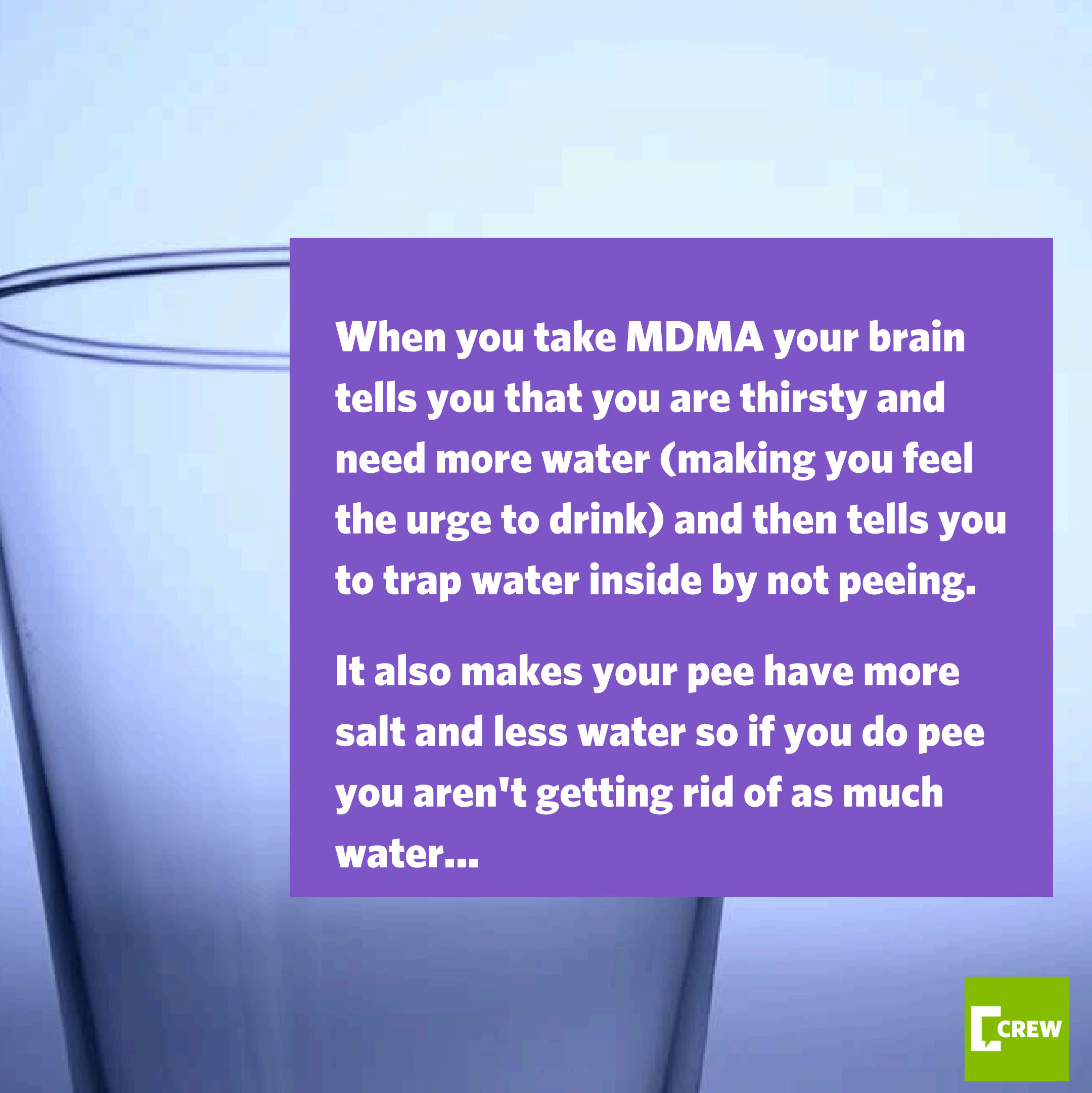
**If you can't pee
drinking more water
isn't necessarily the
solution...**

**You only need 1/2 a
pint of water per
hour or 1 pint per
hour if in a busy and
hot environment.**

MDMA affects the secretion of vasopressin which is an antidiuretic hormone.

This hormone has the effect of making urine become more concentrated (less water) meaning that excessive amount of sodium (salt) is excreted (peed out). This then causes decreased sodium in the blood plasma.

You need a delicate balance of salt for your body to function properly.

A clear glass filled with water, positioned on the left side of the frame. The background is a soft, light blue gradient.

When you take MDMA your brain tells you that you are thirsty and need more water (making you feel the urge to drink) and then tells you to trap water inside by not peeing.

It also makes your pee have more salt and less water so if you do pee you aren't getting rid of as much water...



Too much water then causes the blood to become overly diluted which can be fatal- the water basically drowns your brain and flushes out all the essential electrolytes which keep it running.

This is known as water intoxication or hyponatremia.




This is why it is good to have a sports drink containing lots of electrolytes at some point in the night when on MDMA to prevent too much dilution of the blood due to excessive intake of fluids.

When you do pee keep an eye on the colour - dark yellow means dehydrated, very light yellow or clear means too hydrated.

You want it to be the colour of straw.

This said, MDMA makes you heat up and sweat (losing water) so you should make sure you have a good intake of liquids, take regular dance breaks, wear loose clothing and use a fan if you are somewhere really hot. Drink a normal amount of liquid for the activity you are doing.

**Festivals, bars
and clubs in the
UK are legally
required to
provide free
water.**

A lush forest stream with moss-covered rocks and a waterfall. The water flows over large, dark rocks, creating a small waterfall. The surrounding area is covered in green moss and ferns, with sunlight filtering through the trees. The overall scene is serene and natural.

The old phantom pees can be annoying but you just have to wait it out, relax (try relaxing your muscles), run a tap, stick your hand under running water or think of streams...

If you are in Edinburgh and the Lothians and are concerned about your own, or a loved one's drug use, Crew is here for you! We provide free, inclusive, non-judgemental counselling for those experiencing problems related to psychostimulant drugs.

**To find out more, call 0131 220 3404
or visit: www.crew.scot**

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