

MDMA pocket card

The one-screen safety reference. Save it or print it.

Test first

Reagent kit and a fentanyl strip. No reagent finds fentanyl. Not what you expected? Do not take it.

Dose low

Roughly 1 to 1.5 mg/kg, under about 120 mg. Take a small test dose, then wait.

Do not chase it

One small top-up at most. Redosing drives the worst comedown.

Never mix

MAOIs (can be fatal), SSRIs/SNRIs, tramadol, high-dose stimulants. Careful with alcohol.

Stay cool

Breaks from dancing. Sip 250 to 500 ml an hour with electrolytes. Not more.

The days after

Sleep, food, downtime. A low around day 5 is normal. Do not stack another session.

Emergency

Overheating, confusion, seizures, will not wake? Call emergency services now and say what was taken.
