

Information about Ecstasy and Antidepressants

Taking **Ecstasy** (also known as **MDMA**) with **antidepressants** such as **fluoxetine**, **sertraline** and **citalopram** may mean it can take longer for the Ecstasy to kick in, giving you little or no 'high'.

This means that you may be tempted to take more Ecstasy, which can increase the risk of **overdose**.

Taking antidepressants and Ecstasy together, especially in high doses, increases the risk of **Serotonin Syndrome** which can be **fatal**.

Signs of serotonin syndrome include:

Tiredness

Nausea

Muscle cramps

Confusion

Restlessness

Fast heartbeat

Overheating

Dehydration

Dilated (wide) pupils

More serious cases can progress to coma, fits and death

It's safest not to take Ecstasy at all, but if you do decide to take it, start with a small dose (quarter or half a tablet) and wait at least 2 hours before taking more, drink sips of water regularly and avoid taking drugs when you're by yourself. Don't mix Ecstasy with other drugs or alcohol.

Symptoms can take 24 hours or more to develop, and even if you only feel 'a bit' unwell, it's important to get help FAST - [CALL 999](tel:999)

If you or someone you know are worried about the effects of Ecstasy or other drugs you can get advice and help from our confidential web chat at www.addaction.org.uk