



Illicit Drugs Factsheet

Ecstasy

What is Ecstasy

Ecstasy is a synthetic drug with psychedelic and stimulant effects better known to chemists as MDMA or 3,4-Methylenedioxymethamphetamine. It is most commonly found in tablet form and is often mixed with other toxic chemicals such as ephedrine, ketamine, cocaine, methamphetamine, caffeine and even rat poison increasing the potential health risk to unsuspecting users.

Ecstasy use is typically associated with night clubs and dance parties. However, regardless of the social environment in which it is consumed, there are serious consequences if it is detected in your system following a drug test.

Ecstasy is classified as a Specified Stimulant and is prohibited In-Competition only by the World Anti-Doping Agency (WADA). The starting point for a sanction related to ecstasy use is a 4 year ban from all sport.

How does it affect the body?

Ecstasy directly affects the central nervous system by releasing chemicals such as serotonin and oxytocin. These create a sense of euphoria and restlessness, followed by a rapid comedown period.

Other short term effects on the body include:

- Increased energy and endurance
- Increased drive and motivation
- Decreased appetite
- Short term memory loss
- Urinary retention / dehydration
- Increased heart rate, body temperature
- Involuntary teeth grinding
- Blurred vision and nausea
- Severe anxiety, paranoia and depression

Long term effects may include:

- Clinical depression
- Low self-esteem and self-confidence
- Liver damage
- Impaired memory, learning and attention span
- Excessive wear of teeth
- Possible death

How long does Ecstasy stay in your system?

Ecstasy can be detected within the body for several days after ingestion. The clearance times of this drug are affected by variable factors such as the amount consumed, frequency of use, gender, age, purity of the Ecstasy and an individual's metabolism.

REMEMBER - a Player can test positive for Ecstasy even if its use was days before being tested.

Ecstasy - Status in Rugby

Banned in competition

