

## Reduce the risks

### > **DON'T TAKE IT. NO RISKS - GUARANTEED!**

But if you are going to use Methoxetamine, the following tips will help you reduce some of the risks.

### > **START LOW AND SLOW**

Take a small amount and wait. Don't take more because you can't feel anything happening after half an hour or so. Yes, it could be some blag white powder or pill, or even a completely different substance, but how do you know? Give it time to start. Taking too much too soon could put you on a bad one. Learn to recognise, and handle, the effects.

### > **SET LIMITS**

Decide how much you are going to take and stick to it. Only carry what you are going to use. The less you take, the lower the risks.

### > **DON'T MIX WITH OTHER DRUGS**

Mixing other drugs with Methoxetamine, particularly alcohol, is dangerous. The combination can affect your breathing, heart rate and blood pressure, and can have a greater effect than when used on their own.

### > **DON'T SNORT IT**

Snorting Methoxetamine is painful and damaging to the nose. Swallowing the powder wrapped in a cigarette paper, will avoid damaging your nose.

### > **LOOK AFTER YOUR NOSE**

If you do snort, flush your nose with clean water, and make sure you use your own straw or note. Don't share them with anyone else; they could have all kinds of germs on them.

### > **LOOK OUT FOR EACH OTHER**

Don't use Methoxetamine on your own, or in an unfamiliar or unsafe environment. It is always safer to have someone else around, and tell your mates what you have taken.

### > **IF SOMEONE STARTS TO FEEL UNWELL**

If someone starts to feel unwell, take them to a chill-out area and take a break. Stay with them and keep an eye on them. If they start to feel worse, getting dizzy or experiencing a racing heart, get medical attention immediately and tell the medics what they have taken. If you are with someone who has taken the knock and you have to leave them alone in order to get help, put them in the recovery position first.



## **METHOXETAMINE - AKA: Mexxy, MXE, MKet,**

A drug that has similar effects to that of ketamine. It was produced as a legal alternative, until it was made illegal in February 2013. (see below)

### **WHAT DOES IT LOOK LIKE?**

Usually in white powder form, but may be found in tablets.

### **HOW IS IT USED?**

Some people snort it, but this is painful and damaging to the nose. It is safer to wrap it in a cigarette paper and swallow it (bombed, parachuted), or put it in a drink and swallow it.

### **THE LAW**

Mexxy has been a class B since February 2013. It is illegal to possess, supply or produce. Possession of mexxy, or products containing mexxy, could get you up to 5 years in jail and a fine. Supplying (even giving it away) gets up to 14 years in jail and a fine.

## **EFFECTS**

Methoxetamine is an anaesthetic with painkilling and hallucinogenic properties similar to Ketamine. It is what is known as a 'dissociative anaesthetic', which numbs the body, and creates the effect of removing users from their sense of reality.

The effects depend on the amount used but are also influenced by the user's mood and environment.

Small amounts can cause feelings of euphoria and stimulation. At higher doses it can make you feel floaty and disconnected from reality. At larger doses it can bring on confusion, hallucinations, paralysis and out-of-body experiences.

The effects can be inconsistent, and vary from session to session and person to person.

## **RISKS**

Confusion and loss of spatial awareness can lead to accidents and serious injury without realising you've been hurt. High doses can cause breathing problems, unconsciousness or heart failure. Methoxetamine is extremely dangerous when mixed with other drugs or alcohol.

There also appears to be significant additional toxicity that causes agitation, tachycardia (racing heart), hypertension (high blood pressure) and ataxia (unsteadiness on the feet).

These are rarely seen with other recreational drugs and are not seen with acute ketamine toxicity.

### **LONG-TERM EFFECTS**

Not yet fully understood. However, users report that increased tolerance and dependence can develop.