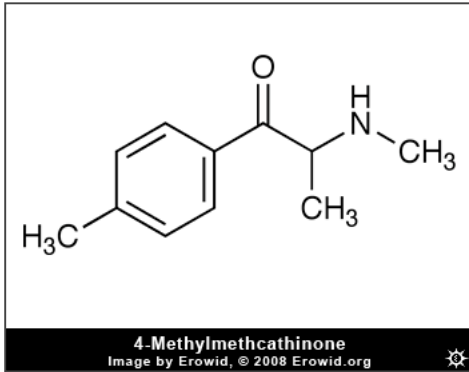


Mephedrone Info sheet



Substance: Mephedrone aka 4mmc
Chemical name: 4-Methylmethcathione
Street names: Meph, Drone, Meow, MMCAT, Magic, Plant food
Category: Stimulant and psychoactive drug
Not to be confused with other substances Methedrone (PMMC) and Methylone (MDMC)

Appearance:

Most commonly sold in Scotland in white powder or crystal form or capsules containing the powder. Can also be found in pill form. Sold as plant food via internet, some users report it to be contained in some legal highs and sometimes sold mixed with Methylone, often known as “Bubbles”

Price:

Powder form £12 per gram, price reduces when larger quantities are bought
“Bubbles” capsules reported to cost £2-£5 each depending on quantity purchased

Route of consumption:

- Oral (powder wrapped in cigarette paper and “bombed” or ingested in capsule or pill form)
- Nasal (snorted with straw or banknote)
- Can also be taken rectally diluted in water by using a syringe

Dosage:

Oral

- Light: 25 – 75mg
- Typical: 75 - 150mg
- Strong: 150 - 250+ mg

Nasal

- Light 15-25mg
- Typical 25-80mg
- Strong 80-125mg

Onset of effects: 15-45 min

Duration of effects: 3-5 hours

Onset of effects: 5-10 min

Duration of effects: 1- 2 hours

Patterns of use:

It is common for users to re-dose after 45mins(nasal)-2 hours (oral) as many report the main effects tend to plateau at this time. It is also not uncommon for users to use in excess of 1 gram per drug-using session although this is not advised. This pattern may be due to “more-ish” nature of the drug as reported by users.



This information has been collated from a variety of sources including expert users from Edinburgh, Glasgow and Europe, information obtained from users at outreach events, surveys and questionnaires and information from users via relevant websites and drug forums. This information sheet is to be used as a rough guide only and Crew cannot vouch that all information is factual as little is known about the substance and much of the information has been obtained from service users reports.

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Contact Crew:

www.crew2000.org.uk

0131 220 3404

admin@crew2000.org.uk

Physical effects/side effects:

- Rushes
- Increased heart rate
- Increased blood pressure
- Dilated pupils
- Irritation/pain to nasal area after snorting
- Sleeplessness/insomnia
- Teeth grinding
- Dry mouth
- Suppressed appetite
- Palpitations
- Intense sweating with odour
- Nystagmus (eye jitters)
- Pain & irritation of skin if exposed to the substance

Psychological effects/side effects:

- Perception of increased energy
- Feeling of 'coming up'
- Euphoria
- Alertness
- Feeling of stimulation
- Urge to talk
- Intense connection with music
- Feelings of empathy
- Craving to re-dose
- Poor concentration
- Poor short term memory
- Anxiety
- Depression

The list above is some of the main effects and side effects that have been reported, not all these effects will be experienced by all users and the more serious effects tend to be reported in cases of higher dosages.

Longer term: Little is known about long-term effects. There has been some suggestion that Vasoconstriction (narrowing of the blood vessels) may be a concern especially at higher doses although more research is needed. Vasoconstriction is reported to cause a blue tingeing of parts of the body-often hands and knees.

Comedown effects:

Most common comedown effects that are reported are cravings to re-dose, tiredness and lethargy. Many users report little comedown effects particularly in early stages of use.

Legal status:

- Technically legal in the UK at present, although is unable to be sold for human consumption under medicines act-UK government have announced intentions to look at the substance this year
- Illegal in Israel, Sweden, Norway and Denmark
- Unscheduled in U.S although again not able to be sold for human consumption under Federal Analogue Act
- Classified as a "medicinal product" in Finland making it illegal to manufacture, import, possess, sell, or transfer it without a prescription

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Harm reduction advice:

- Limit dose-start with a small amount and leave at least 1 hour before re-dosing
- Control quantities you take in one session (users advise to limit to no more than ½ gram in 24 hours)
- Avoid mixing with other drugs/alcohol
- If you're determined to mix, use low doses of mephedrone and the substance you intend to mix with
- Ingest within a capsule/cigarette paper
- If snorting, clean out nose after use and use straw-don't share with anyone else!
- Ensure you replace fluids lost by dancing but be careful with water consumption-small sips
- Take regular breaks when dancing so as not to dehydrate
- Try not to use alone and tell your friends what you are taking
- If you are on anti depressant medication especially MAOI's, and certain SSRI'S it is advised to avoid mephedrone due to possibility of increased risk of serotonin syndrome.
- If you have any history of heart, circulatory or blood pressure problems, it is advised you avoid mephedrone.

Useful links

http://www.erowid.org/chemicals/4_methylmethcathinone/

<http://en.wikipedia.org/wiki/Mephedrone>

<http://www.drugs-forum.com/forum/forumdisplay.php?f=377>

<http://www.drugs-forum.com/forum/tags.php?tag=mephedrone>

<http://www.drugs-forum.com/forum/showthread.php?t=111700>

<http://www.erowid.org/experiences/exp.php?ID=76345>

<http://www.mephedrone.com/experiences/index.html>

<http://www.ixion.demon.co.uk/mmcat.htm>

<http://www.bluelight.ru>

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