**Drug advice**

**4-CMC in white or off-white crystal form being sold as MDMA**

**4-CMC is a ‘cathinone’ that may produce unpredictable effects**

**Recent testing** of 3 separate samples in Victoria all believed to be MDMA, were found to contain 4-CMC. The samples were all in the form of crystals that were white, or off-white in colour.

4-Chloromethcathinone (4-CMC) is a type of stimulant called ‘**cathinone**’, also known as clephedrone.

Not much is known about 4-CMC. In general, cathinones produce some similar effects to MDMA but appear to have a higher risk of producing unpredictable effects. Cathinones are most likely to be sold as or mixed into MDMA, but also sometimes cocaine or methamphetamine/speed.

**4-CMC may produce more anxiety and less euphoria than MDMA**

Compared to MDMA, 4-CMC appears to produce **more stimulating effects** that last for **longer**. It also appears to produce **less euphoric, psychedelic and emotional effects**. This means if people are expecting MDMA effects they may take more, increasing the risk of negative experiences and toxicity.

**Higher doses** of cathinones can lead to longer periods of unwanted effects following the initial stimulating (‘high’) effects. Usually, these unwanted side-effects include sleeplessness and muscle twitching, increased risk of agitation, paranoia and hallucinations, and toxic effects such as overheating and heart problems.

Mixing cathinones with other drugs can have **unpredictable effects** and **increase the risk of harm**. Mixing them with other stimulants – such as speed, methamphetamine, MDMA or cocaine – can increase the risk of cardiac events like heart strain which can lead to a stroke.

Stimulants can also interact with a range of medications, including those used to treat depression and anxiety. Commonly used medications that may interact with stimulants and increase the risk of toxic effects include ‘SSRIs’, ‘SNRIs’ and ‘TCAs’. Always seek information about your medications before mixing with other substances.

**Reduce the risk of harm**

All alcohol and other drug use comes with risk, so:

* If you can, **access a** [**pill testing service**](https://www.betterhealth.vic.gov.au/health/healthyliving/pill-testing-service) to get free, confidential, anonymous testing and health advice
* **Start low and go slow** with dosing. Delayed or different effects could be a sign of unexpected ingredients like cathinones.
* **Avoid** taking more substances right away**,** especially MDMA, until you’ve had a night’s sleep
* **Stay cool,** take breaks from the heat and exertion like dancing, and **stay hydrated.**
* Make sure you’re in a **safe environment with people you trust**
* **Be aware** that other false or contaminated drug products may circulate in Victoria, even if no specific warning has been issued about them
* **Remember**, even ‘pure’ drugs can produce serious side effects and sometimes even death. Get the facts at: [adf.org.au/drug-facts/](https://adf.org.au/drug-facts/).

Contact **Harm Reduction Victoria’s DanceWize team** for anonymous support and education from peers. Talk to DanceWize volunteers by email at [info@dancewize.org.au](mailto:info@dancewize.org.au).

If you or someone you know needs help with alcohol or drug use, call DirectLine on 1800 888 236 or visit [directline.org.au](https://www.directline.org.au/) for information and support to access treatment.