

MDMA

QUICK REFERENCE GUIDE

Indications

- Alcohol use disorder
- Chronic pain
- Couples therapy
- Eating disorders
- End-of-life anxiety
- Mood disorders
- Post-traumatic stress
- Social anxiety

Dosing

INITIAL
DOSE

80-120MG

SUPPLEMENTAL
DOSE

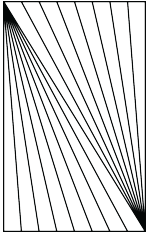
40-80MG

Adverse Effects

- Tachycardia
- Dehydration
- Overheating
- Pupil dilation
- Hypertension
- Sweating
- Fatigue
- Muscular, hepatic, renal, and CNS dysfunction
- Nausea
- Lack of appetite
- Jaw clenching and teeth grinding
- Headache
- Dizziness
- Feeling unusually hot or cold
- Paresthesia
- Increased anxiety
- Panic
- Irritability
- Depressed mood

Subjective Effects

- Reduction in negative self-referencing
- Dampening of fears of social rejection
- Reduced response to negative social experiences and emotional stimuli
- Ability to speak more freely due to lowered fear of social rejection
- Increased feelings of acceptance
- Increased self-compassion
- Increased empathy and compassion
- Changes in mood and perception (sensory enhancement, distortion)
- Reprocessing of traumatic memories with clearer recall and increased equanimity without emotional numbing or dissociation
- Enhanced therapeutic rapport with psychotherapy providers
- Increased ability to confront fear-related memories
- Altered recognition of and response to facial expressions



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Contraindications

- Suicide risk
- Medication with potential interaction
- Current substance use disorder
- Current eating disorder (active purging)
- First degree relatives with psychotic or bipolar disorders
- Wolff-Parkinson-White syndrome
- Marked baseline prolongation of QT/QTc interval or additional risk factors for Torsade de pointes
- Uncontrolled essential hypertension
- Any additional medical condition that could make receiving a stimulant medication harmful
- Pregnancy or breastfeeding
- History of:
 - Ventricular arrhythmias
 - Primary psychotic disorder
 - Significant hyponatremia or hyperthermia

Concomitant Medications

- Lithium
- CYP Inhibitors
- MAOIs
- SSRIs and SNRIs
- Stimulants
- Bupropion
- St. John's wort
- Mood stabilizers
- 1st and 2nd antipsychotic medications