



# **UNDERSTANDING CHEMS & STAYING SAFE**

## **MEPHEDRON/ 4MMC**

# MEPHEDRONE

- Stimulant with hallucinatory effect, synthetic cathinone
- White/off-white powder, crystals, sometimes tablets/capsules
- **Street names:** Meph, 4MMC, Kitty Cat, M-Cat, Food Plant, Bubbles, Crubs, Meow-Meow

# MEPHEDRONE

- **Use:** snorted, swallowed, injected, rectal
- **Effects:** after 30 min if swallowed  
If snorted/esp. slamming - way faster
- Lasts about 2-4h

## Effects

- Euphoria, alertness
- Confidence, focus
- Sexual arousal, sense of connection

# Unwanted effects

- Jaw clenching, sweating
- Changes in temperature & blood pressure
- Injuries in throat & nose
- Anxiety, paranoia
- Craving to re-dose ('binge using')
- Loss of short-term memory, insomnia
- **Overdose:** convulsions, tachycardia, fever, heart attack

# Long-term use

- Tolerance and psychological dependence
- Mood swings, aggressive behaviour & psychotic symptoms
- Exhaustion, insomnia, lack of food & dehydration
- Dental problems
- Heart damage, stroke & visual issues

# Mixing with

- Stimulants (e.g. meth, cocaine, ecstasy) → very high blood pressure & temperature
- Anti-depressants: very dangerous
- G can lead to overdose
- Alcohol → more heart strain & tougher comedown

# Harm reduction

- Start low & go slow with re-dosing (wait)
- Rinse the nose & mouth after each use
- Weigh doses: >80mg very dangerous
- Avoid mixing with substances/alcohol
- Hydrate & eat
- Use your own snorting/injection tools
- Wear sunglasses
- The least harmful way to use is orally

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For full information, see

***AIDS Action Europe,***  
***Harm reduction in the context of***  
***chemsex: training manual***