

Club Drugs



Allina Health

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Four drugs have become popular among teens and young adults at all-night clubs, or raves. These drugs (known as “club drugs”) include:

- MDMA
- Rohypnol
- GHB
- ketamine.

Club drugs can cause serious health problems and lead to addiction. The drugs, except for MDMA, are also known as “date rape” drugs because they have been used to help commit sexual assaults.

MDMA (Ecstasy)

MDMA (a shortened name for the drug’s chemical name) is an illegal stimulant and hallucinogen. It produces an energizing effect and distorts time and perception.

MDMA is known as:

- “ecstasy”
- “E”
- “X”
- “XTC”
- “scooby snacks.”

MDMA is usually taken as a tablet or capsule that may be swallowed, injected, crushed and snorted, or used in a suppository form. Users may take MDMA with other substances such as alcohol and marijuana.

Effects begin within 1 hour of taking a single dose. Users have feelings of mental stimulation, emotional warmth, empathy, general sense of well-being and decreased anxiety. Effects can last up to 6 hours.

MDMA can cause:

- short-term memory problems, confusion
- loss of coordination, dizziness, fainting
- reduced senses, memory, judgment and coordination
- upset stomach (nausea), chills, sweating, teeth clenching
- depression, severe anxiety, restlessness, irritability, paranoia
- increased heart rate and blood pressure
- severe breathing problems, coma, death (in higher doses).

MDMA can cause permanent damage to the brain's ability to think and store memories. MDMA can also lead to extreme dehydration and heart or kidney failure.

Flunitrazepam (Rohypnol®)

Flunitrazepam (Rohypnol®) is an illegal depressant. It produces general sedative and hypnotic effects. In larger doses, it can produce loss of muscle control and consciousness. It is about 10 times stronger than Valium®.

Flunitrazepam is known as:

- "roofies"
- "rophies"
- "roach-2"
- "rope"
- "wolfies."

Flunitrazepam is a pill that dissolves in liquids. It can be swallowed, snorted or injected. New pills turn blue when added to liquids but old pills, which dissolve clear in liquids, are still available.

Effects begin within 15 to 20 minutes of taking a single dose. Users have muscle relaxation and amnesia. Effects last about 4 to 6 hours.

Rohypnol can cause:

- dizziness, confusion, upset stomach, drunk feeling
- blacking out (loss of consciousness)
- vision, speech, stomach and coordination problems
- sleepiness, cannot remember what happened while drugged.

Flunitrazepam may be taken with other substances such as alcohol, marijuana, cocaine, heroin, MDMA and LSD, which makes the effects worse. Flunitrazepam can affect a user's muscles, motor skills and blood pressure for more than 12 hours. The drug can lead to memory problems, confusion, tremors and withdrawal symptoms. It can also cause aggression, excitability or both.

GHB

GHB is a legal depressant used to treat narcolepsy (a sleep disorder). In small to average doses, it produces loss of muscle tone, a strong feeling of relaxation and slowed breathing rates. In large doses, it produces slurred speech and may cause a coma-like sleep.

GHB (a shortened name for the drug's chemical name) is known as:

- "liquid E"
- "liquid ecstasy"
- "liquid X"

- “scoop”
- “vita-G.”

GHB can be taken as a liquid, pill or powder. It can be added to beverages. GHB, the most popular date rape drug, is also abused for its body-building effects.

Effects begin within 15 to 30 minutes of taking a single dose. Users have states of euphoria and hallucinations. Effects last from 3 to 6 hours.

GHB can cause:

- relaxation, drowsiness, dizziness, blacking out
- upset stomach, throwing up (vomiting), tremors, sweating
- seizures
- delusions, vertigo, hallucinations
- trouble breathing
- slowed heart rate, lowered blood pressure
- coma, death.

GHB may be taken with other substances such as alcohol and methamphetamines, which make the effects worse. When taken with alcohol, GHB can lead to breathing problems, coma and overdose. Withdrawal symptoms can start within 1 to 6 hours of the last dose and may last for months.

Ketamine

Ketamine is a legal tranquilizer used mainly as an anesthetic on animals. It produces distorted perceptions of sight and sound and makes the user feel out of control.

Ketamine (a shortened name for the drug's chemical name) is known as:

- "cat valium"
- "jet"
- "special K"
- "super C"
- "vitamin K."

As a powder, ketamine can be added to beverages, smoked or injected. As a liquid, it can be injected, added to beverages or added to smokable materials.

Effects begin within 1 hour of taking a single dose. Users have dream-like states and hallucinations. Effects last about 1 hour or less.

Ketamine can cause:

- hallucinations, distorted perceptions of sight and sound
- lost sense of time and identity
- trouble breathing
- convulsions, throwing up
- loss of coordination, slurred speech
- aggressive or violent behavior.

Ketamine may be taken with other substances such as alcohol which makes the effects worse. Ketamine can affect the user's senses, judgment and coordination for up to 24 hours after the initial use. The drug can lead to respiratory problems, heart rate problems and withdrawal symptoms.

**Information adapted from the White House
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the National Women’s Health Information Center
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