



Mephedrone

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Mephedrone

Slang names

Miaow, Meow, Meph, MCAT, 4MMC, Sub Coca, Drone, Rush, Kitty Cat, Bubbles

The basics

Mephedrone is a psychoactive drug which alters brain function and can result in changes to mood, perception and behaviour. In most cases, the chemicals in psychoactive drugs have never been tested to show if they are safe. You don't always know what's in an illegal drug, so you can never be 100% certain what you have bought and what the effects might be.

As Mephedrone is a relatively new drug, there is limited information on what the long term effects of use might be.

Mephedrone has similar short term effects to other stimulant drugs like ecstasy, amphetamine and cocaine. Mixing it with other drugs, including alcohol, may not only change the effects but could increase the risks to your health.



What does it look like?

Usually a white or off-white powder that can sometimes come in tablet, capsule or crystal form.





HARMFUL



1.027

g

99.4% Pure

Mephedrone

HARMFUL



1.022

g

99.4% Pure

Mephedrone

4-Methylmethcathinone (Mephedrone) Powder

Photo by ATA © 2010 Erowid.org



Effects

Highs

Euphoria * Sociability * Alertness * Talkativeness *
Feelings of empathy * Sensory stimulation

Lows

Anxiety * Paranoia * Delusions * Confusion
* Headaches * Skin rashes * Sweating *
Chills * Insomnia * Jaw-clenching *
Hallucinations * Blurred vision * Amnesia *
Nausea * Over-heating * Chest pains *
Heart palpitations * Sweating * Fits or
convulsions * Numbness to extremities *
Headaches * Nosebleeds * Kidney
damage...

Deaths:

- 3 in Europe
- Several, as yet unconfirmed, in UK



FAQ

Is it dangerous?

There is currently no internationally agreed toxicology confirmation test available. St Georges Dept of Toxicology (London) have carried out testing and have positive tested presentations to their A and E Department. Snorting Mephedrone is particularly dangerous as the effects are more intense and there is the potential of spreading Blood Bourne Virus infections (e.g Hep C).

Is it addictive?

It's too early to say, but there are growing reports that it can be addictive and more young people in Hertfordshire are seeking help. Psychological addiction would be expected.

Is it prevalent?

Difficult to gauge, but there has been a sharp rise in secondary schools reporting Mephedrone related incidents or asking for advice & help. Anecdotal reports from young people and multi-service professionals (in particular youth workers) suggest that usage has grown over the past 6 months. However, since the law changed in April 2010 the drug may now be more difficult to get hold of.



Mephedrone and the Law

The law?

In the UK Mephedrone is now a Class B **illegal** substance, controlled under the Misuse of Drugs Act, making it the same category as Amphetamine and Cannabis.



Maximum penalties are:

- **5yrs + fine** (possession)
- **14yrs + fine** (selling / giving away / trafficking)

In Herts any young person caught in possession of unidentified white powder is likely to be arrested and taken to a police station. They would be finger-printed, DNA swabbed and, if under 18yrs, would have their parents/carers contacted.

A criminal record for drug offences can be a life-changing experience as it can affect the prospects of getting a job and the ability to travel to foreign countries.



How is it taken?

- ❑ Mephedrone is commonly snorted and it starts to take effect after about 5 to 10 minutes.
- ❑ When swallowed in powder form ('bombed' i.e. wrapped up in a cigarette paper) or taken as a tablet or pill with water, the onset of effect takes longer.
- ❑ It has been taken rectally and as it is soluble it can be injected.
- ❑ There has been one case in the UK of acute sympathomimetic poisoning following a subcutaneous injection of 3.6g of Mephedrone. The patient made a full recovery after six hours.



Doses

- ❑ Established oral users find that high doses of 200mg+ are needed to be taken orally to have a major effect and there is a frequent need to re-dose as the effects last around 2–4 hours.
- ❑ There are reports of users taking as much as 2g and in one case close to 5g during a binge in a day.
- ❑ In a vulnerable adult, a single binge of 4.5g was enough to cause an hallucinations with out of body experiences.
- ❑ If snorted it takes just a few minutes to take effect and peaks by 30 minutes.
- ❑ If swallowed it takes about 15 to 45 minutes to start to take effect (and even longer on a full stomach), and peaks by about 2 hours.
- ❑ It still affects sleep for a further 2 hours.
- ❑ In higher doses the effects resemble Amphetamine, which Mephedrone is chemically closely related to.



Overview

- ❖ The role of the internet cannot be underestimated
- ❖ Risky use is common
- ❖ Young people may underestimate the risks – including the risk of being arrested
- ❖ Rate of serious adverse effects are low but are present
- ❖ Need for a more co-ordinated active response to drugs such as Mephedrone
- ❖ More research is needed
- ❖ A range of similar drugs are now available but are not controlled under the Misuse of Drugs Act.

What can I do?

- Empower yourself – seek out training and further knowledge
- Consider cross-curricular links
- Ensure the school drug policy is up to date
- Be aware of responses to drug related incidents
- Listen, don't judge
- Signpost to support services
- Keep an open mind!



Sources of help & information

Mephedrone resources:

- **FRANK** www.talktofrank.com 0800 77 66 00
- **Herts NHS Health Promotion** www.hpherts.nhs.uk
01923 281 630

Help services:

- **Parental Drug & Alcohol Service (PDAS)**
pdas@btinternet.com 01707 39 39 34
- **Adolescent Drug & Alcohol Service for Herts (A-DASH)** www.hertspartsft.nhs.uk 01923 427 288