

Reminder of study rules for subjects

Please review these rules before the upcoming experimental session;

You must not take any psychiatric medications unless prescribed by Dr. Mithoefer.

If you are a woman able to get pregnant you must continue to use birth control throughout the study.

For one week preceding each experimental session:

- a. You must refrain from taking any herbal supplement (except with prior approval of the research team)
- b. You must not take any nonprescription medications (with the exception of non-steroidal anti-inflammatory drugs or acetaminophen unless with prior approval of the research team).
- c. You must not take any prescription medications (with the exception of birth control pills, thyroid hormones or other medications approved by the research team).

You must take nothing by mouth except alcohol-free liquids after 12:00 A.M. (midnight) the evening before each experimental session.

You must also refrain from the use of any psychoactive drug, with the exception of caffeine or nicotine, within 24 hours of each experimental session. You must not use caffeine or nicotine for 2 hours before and 6 hours after each dose of MDMA or placebo.

You must be willing to remain overnight at Dr. Mithoefer's clinic after each experimental session until the non-drug session occurring the next morning. An attendant will remain with any participants who choose not to or are unable to locate another individual to stay with them at the study site during the overnight stay. The attendant will be of the same sex as the participant, and he or she will be trained for assisting in this protocol. Attendants will be selected for their ability to act as reliable and compassionate attendants to participants while allowing participants room for introspection or further self-exploration as needed. The attendant will sleep in a separate room and the subject will have a call button.

If you would like and have arranged it beforehand with Dr. Mithoefer, a significant other can remain with you for support during all or part of the experimental session as well as between the experimental session and the integrative session the next morning. When they arrive they should wait in the waiting room until they are called.

You must locate an individual willing to drive you home the morning after the experimental sessions. If you are unable to locate someone to transport you home we will assist you with this.

Please bring any favorite blankets or pillows that you would like to use for sleeping as well as any objects you are fond of and would like to have with you. Also bring a tooth brush, towel and other toilet articles.