

WHAT IS KETAMINE?

Ketamine is an anaesthetic, which can make people feel dissociated from mind and body.

Also called:

K
Ket
Special K
Super K
Vitamin K
Wonk
Wobble

LONG TERM RISKS

Urinary System Damage - severe bladder and kidney damage, ulcerative cystitis, incontinence.

K-Cramps - severe abdominal pains separate from bladder issues.

Sinus Damage - irritation, infection and inflammation in the sinus.

SUPPORT

UWE Drugs and Alcohol Service
1:1 sessions, advice and information
including harm reduction intervention,
goal setting and relapse prevention.

Make an appointment by scanning this QR
code or visiting uwe.ac.uk/drugs-and-alcohol



Bristol Drugs Project treatment
services for people who are
experiencing a negative
relationship with drugs
and/or alcohol.

Or speak to your GP.



BEFORE

CHECKED YOUR KET?

- Sometimes Ket is mixed with other substances making it more dangerous such as Nitazenes.
- Reagent kits or WEDINOS can tell you what you're using.
- Speak to your specialist drug and alcohol practitioner for more info on drug checking.

CRUSH YOUR KET

- Lumps or chunks of Ket are not absorbed through the mucus membrane in the nose.
- This can cause irritation and infections.
- Crushing it into a fine powder before snorting can help reduce the damage to the nostrils.
- Avoid sharing any snorting equipment to prevent the spread of germs and bloodborne viruses.

HOW MUCH IS TOO MUCH?

- Start low and go slow.
- A smaller dose = euphoria, sense of calm, disorientation and confusion.
- Large doses = risk of "k-hole" (an intense out-of-body or near-death like experience with very realistic visuals), temporary paralysis, greater risk of overdose.
- Everyone's tolerance is different and what might be ok for friends might be too much for you.
- If you're using regularly your tolerance will increase quickly.

DURING

KET AND ALCOHOL

- Ket magnifies the effects of alcohol increasing the risk of falling unconscious.
- It reduces the gag reflex which would wake us up if we needed to be sick.
- If a friend is going to bed after using Ket and alcohol, put them in the recovery position.

KET AND OTHER DRUGS

- Taking with depressants (GHB/GBL, benzodiazepines such as Valium, or opiates such as heroin) can cause unconsciousness and stop your breathing.
- Taking Ket with stimulants (such as cocaine and ecstasy) may overload your heart and increase agitation and anxiety as well as accidents and injury.
- Check out [Drugsand.me](https://www.drugsand.me) to learn more about the risks of drug combinations.

HOW CAN I HELP A FRIEND WHO IS FREAKING OUT?

- If somebody is having a bad trip when using Ket take them somewhere quiet where they feel safe.
- Try to calm and reassure them (it will pass, the drugs will wear off).
- This can take hours, so be patient.
- If their breathing becomes very fast, help them control it by breathing through the nose, counting 4 on the in and 6 on the outbreath.

AFTER

WASH YOUR NOSE OUT

- Wash your nose out with warm water to protect the nostrils from any further damage.

HYDRATE AND EAT WELL

- Drink plenty of water and load up on nutritious food like fruit and vegetables.

REST

- Using any illicit substance disrupts our usual sleep cycle.
- Poor quality of sleep can impact on our immune system, mood and resilience to cope with problems or issues.

SPEAK TO SOMEONE

- If you are feeling anxious or worried in the days after using speak to your friends or someone you feel comfortable discussing it with.

TAKE A BREAK

- Regular Ket use can cause damage to the bladder and urinary tract.
- It can also affect memory and mental sharpness because of the dissociative effects of Ket.
- It can therefore negatively affect work, education, and relationships.