

KETAMINE BLADDER



Ketamine Bladder Syndrome is a bladder condition caused by the use of Ketamine. Long term use is associated with bladder and kidney damage.

Regular Ketamine use damages the lining of the bladder. This causes considerable pain, an increased need to urinate and/or passing blood in the urine.

The urinary tract, from the kidneys down to the bladder, can also be badly affected and incontinence (uncontrolled peeing) may also develop.

The damage can be permanent and require surgery.

If you need to urinate frequently, it hurts to wee or you have blood in your urine, stop using Ketamine and seek medical advice. Whatever you do, don't continue to use Ketamine to ease the pain.

Abdominal pain or 'K cramps' have been reported by many long term users.

There is emerging evidence of liver damage due to regular, heavy Ketamine use.

HOW TO FIND US



With a base in Wakefield City Center, Inspiring Futures also offer a district outreach service to community settings and external agencies in partnership with South West Yorkshire Partnership Foundation Trust.

Address:
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Open Hours:
Monday - Thursday: 9:00am - 5:00pm
Friday: 9:00am - 4:30pm

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WHAT IS KETAMINE



WHAT IS KETAMINE?

- **Legal Category: Class B**
- **Possession: Max penalty 5 years**
- **Supply: Max penalty 14 years**



Ketamine is used by medical practitioners and veterinarians as an anaesthetic. It's sometimes **used illegally by people to get high**.

Ketamine is a dissociative drug, which means it acts on different chemicals in the brain to produce **visual and auditory distortion** and a detachment from reality.

When it's sold illegally, Ketamine usually comes as **a white or off-white powder**. It can also be made into pills or dissolved in a liquid.

PHYSICAL & MENTAL HEALTH EFFECTS

Ketamine has a mixture of actions within the body. Predominantly, **it is a painkiller but at high doses can also be hallucinogenic**. It is also known to have some mild stimulant and depressant effects.



Ketamine is a strong anaesthetic that can have serious effects on your health. Taking Ketamine **can be fatal**, particularly if it's mixed with other drugs.

Ketamine can increase your heart rate and blood pressure. It can make you **confused, agitated, delirious and disconnected from reality**.

It can make you feel sick and it can cause **damage to your short and long term memory**.

Ketamine can cause **serious bladder problems**, with the urgent and frequent need to pee. This can be very painful and the pee can be blood stained.

Mental health side effects include flashbacks and problems with concentration. Regular use **can cause depression** and occasionally, psychotic symptoms such as hallucinations. Ketamine can also **make existing mental health problems worse**.

KEEPING SAFE

Ketamine is not considered physically addictive however, pain (and other unpleasant side effects) caused by the damage that ketamine causes is often managed by increased Ketamine use, further increasing risks.

- **Avoid using Ketamine if you are already feeling down or anxious**, it can exaggerate these feelings and give you a bad experience.
- It can be difficult to move around after using, so make sure that you are in a safe environment to avoid any injuries. **Avoid using alone or make others aware if you are planning on using**.
- **Don't share banknotes, straws or keys** to snort Ketamine, this can spread infection and blood borne viruses.
- **Avoid eating food 90 minutes before taking Ketamine** to reduce the likelihood of nausea and vomiting.
- You can never be sure what your bag contains or is mixed with. It can be very **dangerous when mixed with ecstasy or amphetamines** as it causes high blood pressure.
- Make sure it is finely crushed and **take small amounts**. Alternate nostrils and give it time to kick in before taking more.
- If you feel panicked or anxious or are having difficulty breathing, **call 999**.
- If you are pregnant avoid using Ketamine completely, it can damage your baby.