

KETAMINE



KNOWN AS

K, ket, special K, super K



HOW IT'S USED

As a powder, it is wrapped and swallowed (bombed) or snorted. As a liquid, it can be injected



HOW IT CAN MAKE YOU FEEL

Euphoric, calm, uncoordinated, confused, numb, nauseous



HOW LONG IT LASTS

The effects of ketamine usually last 1-2 hours



IMPORTANT TO KNOW

Without testing, there's no way to know what a street drug contains, how strong it is or what the effects will be.

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KETAMINE

KNOW THE EFFECTS AND THE RISKS



TURNING POINT
inspired by possibility



WHAT IS KETAMINE?

- It's a dissociative drug
- Used in medicine as an anaesthetic
- Usually snorted, sometimes swallowed or injected
- Seen as white powder, crystals, or liquid

WHAT ARE THE EFFECTS?

- Effects last 1-2 hours
- Euphoria or feeling calm
- Low coordination
- Numbness or feeling sick
- Where you are, can change effects:
 - in clubs - can be more energy
 - in quiet places - more dreamy
- High doses can lead to a K-hole

WHAT ARE THE RISKS?

- Injuries you may not feel
- Anxiety, panic, paranoia
- Tolerance can build up quickly with regular or daily use
- You may not know what's really in it
- Bladder and kidney damage

THINK 'SET, SETTING & SITTER'

Simple steps that can help keep you safer when using.

› **Set - your mood**

If you're feeling stressed, low or anxious, ketamine can make it worse. Check in with yourself first.

› **Setting - your space**

Use somewhere calm, safe and cool - not busy, loud or hot.

› **Sitter - your mate**

Have someone you trust with you who can help if you get confused, panic or can't move around safely.

HOW TO REDUCE THE RISKS

- › Start low, go slow
- › Try to stick to one drug at a time, mixing increases risks
- › Avoid baths when using
- › Use sterile equipment
- › Use your own snorting tube
- › Chop powder finely & rinse your nose
- › Take breaks
- › Stay hydrated
- › Get medical help for pain when peeing or blood in your urine.
- › Test your drugs (e.g. The Loop, Wedinos)



If you or anyone you are with becomes unwell, call 999 or seek medical help straight away.