

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

Ketamine tolerance builds quickly, raising the risk of dependence as well as kidney and bladder problems, and without testing, there's no way to know what a drug contains or how strong it is.

WHAT IT CAN DO

- Impair motor coordination
- Cause back pain or cramps (known as k-cramps)
- Lead to kidney-related problems and bladder damage
- Increase anxiety, panic attacks, insomnia, paranoia and hallucinations

HOW TO REDUCE THE RISKS

- Start with a low dose and take it slow
- Stay well hydrated before, during and after taking
- Avoid mixing with other drugs, particularly other 'downers'
- Keep track of how much you've used and take breaks
- Don't sit in a bath to relieve the pain of cramps
- If snorting, use your own snorting tube and don't share with others
- Chop the powder up finely to reduce damage to the nose and wash out your nose after using
- Use sterile equipment, which your local service can provide along with safer injecting advice
- Seek medical help if you start suffering with kidney or bladder pain
- Test your drugs. You can send a sample to WEDINOS who will post the results anonymously online



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



If you would like information, advice or support with substance use, visit **www.turning-point.co.uk**

**TURNING
POINT**

