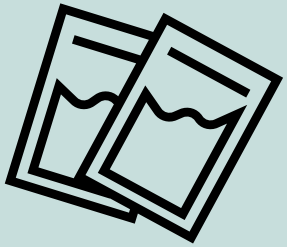
Ketamine



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 can build quickly with regular use, 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.

Get in touch

Whenever you're ready, we're available to support you.

Pop into one of our six local hubs:

- Lincoln
- Boston
- Gainsborough
- Skegness
- Spalding
- Grantham

Contact us via email, phone or visit our website for more information about us:

- lincs.info@lincsrecovery partnership.co.uk
- 0800 304 7021
- https://www.turning-point.co.uk /know-your-ket-lincs

Lincolnshire Recovery Partnership

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Know the risks: Ketamine

What is ketamine?

- Ketamine is a dissociative drug – it can make you feel detached from your body and surroundings
- Doctors use it as an anaesthetic to stop pain during medical procedures
- People usually snort it, but some swallow or inject it
- It is normally seen as a white powder, small crystal-like shards, or a clear liquid

What are the effects?

- Euphoria and calm – you might feel relaxed, happy or dreamy
- Low coordination – you can become unsteady, confused, or move slowly
- Numbness and sickness – some people feel numb, sick or may vomit
- Different effects in different places:
  - Clubs: can feel energising and uplifting
  - Quiet places: can feel more dreamy, calm or "spiritual"
- K-hole (high doses): you may feel like you're outside your body, struggle to move, or have strong and sometimes scary hallucinations
- Effects last 1–2 hours, but this can change depending on how much you take and where you are

Know what it can do

- It affects coordination - ketamine can make you unsteady, increasing the risk of falls and injuries you might not feel right away
- It can damage your bladder and kidneys – signs include needing to pee more often, pain when peeing, and blood in your urine
- It can mess with your mind – some people experience anxiety, panic, nightmares, paranoia, or feel disconnected from reality after using
- Tolerance can build quickly – you may need more to feel the same effect, which increases the risk of health problems and dependence
- You don't always know what's in it – without testing, drugs can contain unexpected and more dangerous substances that cause harm

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

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 (www.wedinos.org)

Think 'Set, Setting & Sitter' - simple steps that help keep you safer.

- 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 a sober friend with you to help if you get confused, panic or can't move around safely