

Ketamine use is on the rise, particularly among young adults aged 16 to 24.

# KETAMINE



## THE FACTS

Pharmaceutical ketamine is usually in liquid form. Tablets and white crystalline powder are most commonly seen on the street. Powdered ketamine is often snorted, though it may be swallowed. If sniffed the effects of ketamine generally come on quickly and can last from about 20 minutes to a couple of hours.

Ketamine can cause a loss of feeling and numbness of the muscles. People who use Ketamine may feel sick and detached from their environment - sometimes referred to as floating. Hallucinations may be experienced, which, at high doses, may include an out-of-body sensation called the 'K Hole'. Flashbacks of these hallucinations are possible.

Ketamine is a powerful anaesthetic used medically in operations in humans and animals.

If you are concerned regarding your ketamine use, please scan the QR code below or call 01253 311431



For 25s and over



If you require this information in another format, please let us know



For under 25s

# RISK AND HARM REDUCTION

Repeated or heavy use of ketamine is very harmful to the urinary system, causing Ketamine Bladder Syndrome.

Ketamine causes urinary incontinence and some individuals have had to have their bladder removed. To lower the risk, take regular breaks from using (at least two weeks to weeks).

There is evidence to suggest that heavy use can lead to physical and psychological dependence. It is better to reduce the use of this drug gradually and take days off using.

Ketamine should not be used with alcohol or other depressant drugs.

High doses may lead to blackouts and temporary paralysis, and coordination can be severely affected making accidents more likely. Therefore it is a good idea to be with people you trust and in a safe place when taking the drug.

Be aware of physical effects; take care of your nose, flush after use and drink plenty of a non-alcoholic liquid, like water, to prevent dehydration.

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