

Ketamine-: Basics

Other names: 'Ket, K, Special K, Vitamin K

- Ketamine is used as an anaesthetic
- Ketamine usually comes as a powder which is snorted (sniffed up the nose using some kind of straw)
- Sometimes it comes as a liquid.
- In both cases it is not possible to know how strong the substance is as it will be mixed with other things



The effects:

- Feelings of numbness
- Hallucinations—these can range from being interesting, to funny, to terrifying and deeply upsetting
- Confusion and disorientation

- Need more advice
www.drugscope.co.uk
www.talktofrank.com

Risks

- Can cause varied reactions including loss of memory, out of body experiences or complete numbness
- Vomiting
- The Effects will depend on the dose taken
A high dose can cause strong effects and can be hard to cope with.

- Legal status
Please refer to [http: www.release.org.uk](http://www.release.org.uk)
where information is kept up-to-date

Ketamine: More Information

K-Holes

- A 'K-hole' is the name given to the experience of taking a high dose of ketamine.
- A high dose of ketamine makes the user's body go numb and very difficult to control (they will probably be lying down) and their mind may feel separate from, or no longer connected to their body.
- The user may feel as though they are floating above their own body, looking down on it
- Some people have described this as a near-death-experience
- When we witness strange or traumatic things (such as this) it can be quite difficult to understand the experience both at the time and afterwards
- Some people can handle the emotional and mental stress of this and may even find it enlightening, whilst others find it deeply disturbing, and frightening

Driving is dangerous on this substance

For further information please refer to

<http://www.brake.org.uk/index.php?p=913>

www.drugdrive.co.uk

<http://www.rta.nsw.gov.au/roadsafety/drinkdriving/drugs/index.html>

Harm Minimisation

People have sometimes hurt themselves quite badly without realising whilst using ketamine because their body is numb. Take care, or have somebody to watch out for you

If you are going to use ketamine, then use it in a safe place with friends who know what you are doing

Avoid using ketamine with other depressant-type drugs such as alcohol and barbiturates such as valium and diazepam as this increases the risk of heart or lung failure

If ketamine is snorted then avoid sharing the snorter because this is a way for viruses such as hepatitis C to transfer between people.

Hepatitis C (a virus that is transmitted in body fluids) can show no immediate symptoms. However, the long term effects can include liver damage and cancer. People sharing needles are particularly at risk.