

What are the risks?

Using ketamine has a number of different risks

Psychological:

- Confusion
- Disconnection from reality
- Agitation
- Memory loss
- Nightmares
- Impaired judgement
- Altered body image
- Depression
- Paranoia
- Anxiety
- Mood swings

Physical:

- Serious bladder problems (crystals form inside the bladder resulting in bladder shrinking which can lead to incontinence)
- Increased heart rate
- Increased blood pressure
- Loss of emotions/feelings
- Hurting self
- Abdominal cramps
- Vein damage if injected
- Overdose and death
- Paralysis of muscles
- Blood borne viruses
- Blurred vision
- Impotence

Did you know?

Driving when high is illegal – and you can still be unfit to drive the day after using ketamine. You can get a heavy fine, be disqualified from driving or even go to prison.

Ketamine and the law

Ketamine is a class B drug which means that it's illegal to have for yourself, give away or sell.

Possession can lead to up to five years in prison and/or an unlimited fine.

Supplying someone else (even friends) can lead to 14 years in jail and/or an unlimited fine.

A conviction for a drug-related offence could have a serious impact. It can stop you visiting certain countries – for example the United States – and limit the types of jobs you can apply for.

Find out more

If you would like more information or support on ketamine or you are affected by someone else's use please contact us at Inclusion Recovery Hampshire.

Information is also available at:

NHS Website: www.nhs.uk

Talk to Frank Website: www.talktofrank.com

HOW TO CONTACT US

NORTH: 01782 639856
StarsNorth@mpft.nhs.uk

EAST: 01283 741053
StarsEast@mpft.nhs.uk

WEST: 01785 270080
StarsWest@mpft.nhs.uk

Or visit: www.staffstars.org

You. Me. Us

This leaflet was created by:   Part of Midlands Partnership University NHS Foundation Trust
Find out more at www.inclusion.org

Ketamine

What you need to know!



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What is ketamine?

It's a powerful general anaesthetic which stops you feeling pain.

- The effects don't last long, but ketamine can cause a loss of feeling and paralysis of the muscles.
- It can lead to users experiencing distortions in reality.

The myths

- It is a medicine and therefore safe to use
- Ketamine isn't addictive
- You can mix ketamine and alcohol safely
- There are no adverse effects of using ketamine
- Improves your sexual performance
- Ketamine is pure and not cut with other drugs
- You can't overdose from ketamine use.

These are untrue—keep reading to find out more.

How is ketamine taken?

There are a number of ways of taking ketamine:

- Some people swallow it in tablet form
- Some people swallow it in the form of a 'bomb' (wrapped in cigarette paper)
- Most people snort ketamine, like cocaine or speed
- If it is liquid, it can be injected

No method is safe, but injecting is very risky. Injecting any drug and sharing injecting equipment runs the risk of spreading a virus, such as HIV or hepatitis C. There is also the risk that veins may be damaged, which can lead to infections and/or gangrene (death of body tissue) which can result in you losing a finger, toe or a limb.

What does it look like?

When used as a medical anaesthetic, ketamine is a liquid, because this makes it easy to inject.

'Street' ketamine is normally a grainy, white powder – although sometimes it can come as tablets.

Users won't know whether any ketamine they get through a dealer (even a friend) is definitely ketamine or whether it has been contaminated (or 'cut') with any other substances.



What are the effects?

Using ketamine can result in experiencing both pleasant and unpleasant effects:

- It's a general anaesthetic that can produce 'floaty' feelings, as if the mind and body have been separated
- Feeling chilled out and relaxed
- It can make you physically incapable of moving
- Feeling detached from your body and surroundings
- Alter perception of time and space and can cause hallucinations
- Good or bad 'trips' that can last from half an hour or so to several hours, with after-effects that may be felt for some hours
- Some people describe the feeling as a full body buzz
- Feeling nauseas or vomiting
- It can lead to a sense of confusion due to this being an anaesthetic



Did you know?

Ketamine is also known as K, Ket, Super K or Special K

