

## KETAMINE

*Street Names - Ket, Special K, Super K, Vitamin K  
Ketamine has the potential to be both physically and psychologically addictive.*

### What is Ketamine?

Ketamine is a synthetic drug that was first synthesized in 1963. It is a quick-acting anaesthetic that is legally used in both humans (as a sedative for minor surgery) and animals (as a tranquilizer). It is known as dissociative anaesthetic and is used within emergency departments for short term sedation purposes. It can also be used as a pain killer. Ketamine may also be used to treat severe depression, but it is not licenced for this purpose in the UK, and is currently unavailable on the NHS, but may be available from private clinics at a cost.

When used recreationally in small doses, Ketamine produces dissociative sensations and hallucinations.

### What does it look like & how much does it cost?

When used for medicinal purposes, Ketamine is a clear liquid. When used recreationally, Ketamine is a white/ off-white crystalline powder. It can also be found in pill form, but these are not very common. Costs £20-£30 per gram



### How is it used?

Ketamine can be snorted, swallowed, smoked, or injected. The most common consumption route is snorting or bumping – snorting a small amount of the powder, but as it has a bitter and unpleasant taste, many people will wrap the powder in a cigarette paper and swallow it. This is known as “bumping”. Ketamine must be injected into the muscle – NOT the vein. It takes about 15 minutes to take effect when snorted, and about 20-60 minutes if taken orally. Effects last 30 – 60 minutes, dependent upon how much is used.

### How does it affect the body & mind?

Users may feel relaxed, happy, and chilled. They may experience a dream-like state and feel detached from reality. Ketamine can distort time and space and cause mild hallucinations. The dissociative effects of Ketamine means It can also stop you from feeling pain. Ketamine can also make users feel agitated, confused, feel nauseous, cause vomiting, and cause damage to the short and long-term memory.

### Risks

Using too much Ketamine can cause a Khole – an out-of-body, dream-like experience that feels like the mind and body have separated. During a Khole, the user may experience short-term paralysis of the muscles, leaving them unable to move, which makes them vulnerable and unable to defend themselves. Regular use can cause UTI's, stomach cramps know as K-cramps, the need to pee more often or not able to pee, blood in the urine, incontinence, and damage to the bladder which in some cases can result in bladder removal, Heavy use can cause liver damage. It can also cause depression and exacerbate existing mental health issues.

### Legal Status - Ketamine is a Class B drug

### Harm Reduction

- Use a small amount to begin with and in moderation
- Avoid mixing with other drugs – especially depressant drugs like alcohol or benzos as it can suppress breathing and heart rate leading to coma and/ or death.
- Try and use in a safe place and with people you can trust.
- Look out for the signs of urinary/bladder concerns.

As Ketamine has become increasingly popular as a club drug, it is often associated with polydrug use. It is most commonly mixed with other drugs, such as ecstasy and cocaine (Calvin Klein or CK is a slang term for this combination).

