



# KETAMINE

## What is ketamine?

Ketamine, a class B drug, is illegal to possess, produce, or supply. Small doses act as a stimulant, while larger amounts can cause hallucinations, panic and out-of-body experiences.

## How is ketamine used?

You usually sniff ketamine up the nose through a small tube such as a straw or rolled-up bank note. In clubs, users often dip the end of a key into the ketamine bag and sniff a small amount from the tip.

## What are the effects of ketamine?

Generally, in small doses, ketamine acts as a stimulant, making you feel high. In larger doses, you can have an out-of-body experience (a K-hole), hallucinations, a sense of calm and a distorted notion of time. But it can make you panicky and have nightmare-like experiences.

When you snort it, the effects begin within a few minutes and last around 30 to 45 minutes, depending on how much you take.

## What are the problems with ketamine?

### Personal safety

The effects of ketamine can leave users in a confused state and vulnerable to assault, traffic accidents, drowning and burns. Ketamine is a very powerful anaesthetic, so you might hurt seriously injure yourself without realising.

## Physical health

Prolonged and frequent ketamine use can cause serious long-term and irreversible harm to the bladder (known as Ketamine Bladder Syndrome) and can cause kidney and liver-related problems. People who've taken ketamine frequently report abdominal pain, sometimes called K-cramps. Snorting Ketamine can cause damage to the nasal passageways. Injecting it can increase the risk of transmitting blood-borne viruses, damage to the site of injection and an increased risk of overdose.

## Reducing risks

The best way to avoid the risks associated with drugs is not to use drugs, but if you are using, then follow the advice here:

Do it in a safe place with a friend. Start low and slow with a small amount and wait for it to take effect before you take more. Don't mix ketamine with other drugs, especially depressants like alcohol and GHB/GBL. These will slow your breathing down to dangerous levels. This can lead to dependence on several drugs and increase your risk of overdose. If you have any bladder issues, consult your GP and tell them about your ketamine use.

## Ketamine and the law

Ketamine is a Class B drug. It's illegal to possess, produce or supply. Possession will get you up to five years in prison and an unlimited fine. Supplying it (including giving some to a friend) is punishable by up to life in prison and an unlimited fine.

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**For more information about drugs and alcohol visit [drugtalk.co.uk](http://drugtalk.co.uk)**

WMO Centre, 111 Conway Street, Birkenhead. CH41 4AFk