

Ketamine



What is Ketamine?

Ketamine and nitrous oxide would more commonly be found at house parties to offer people a quick trip away from reality.

Ketamine is used by medical practitioners and veterinarians as an anaesthetic. It's sometimes used illegally by people to get high. Ketamine is a dissociative drug, which means it acts on different chemicals in the brain to produce visual and auditory distortion, and a detachment from reality.

Other names

Special K, K, ket, kitkat, super k or horse trunk.

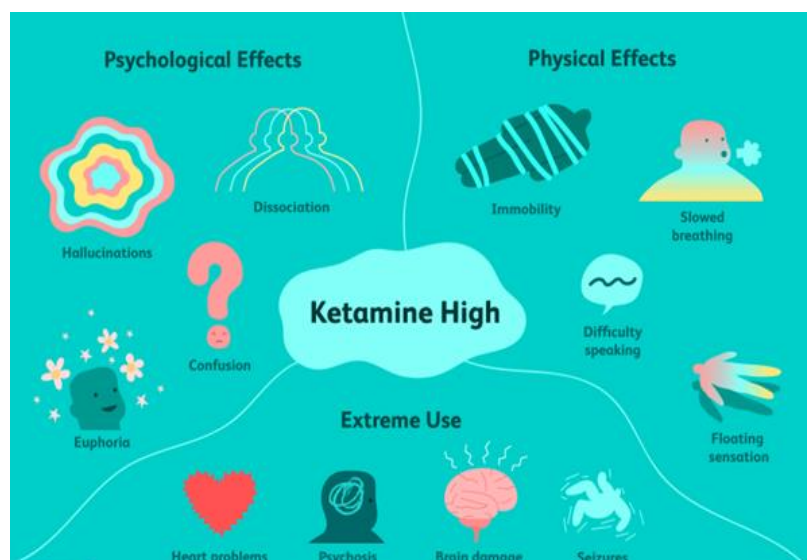
How is it used?

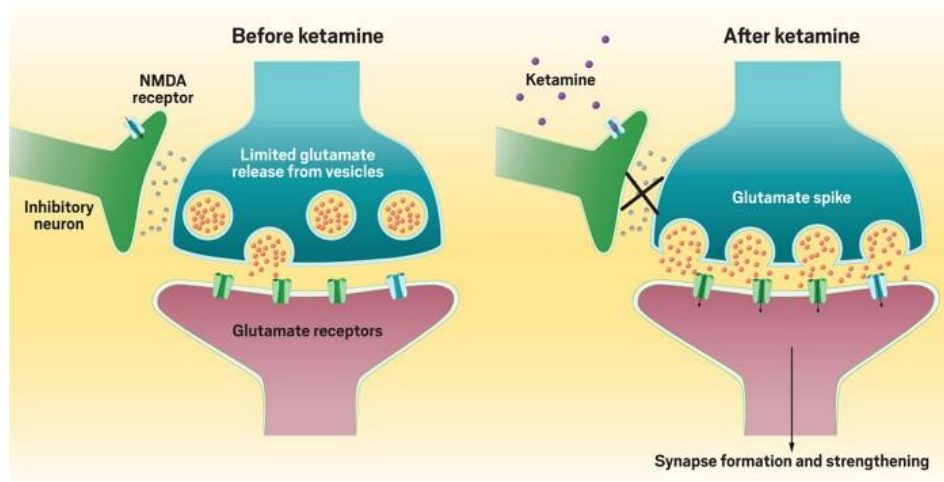
Ketamine can be swallowed, snorted, inhaled from a balloon cannister or injected. It's also sometimes smoked with cannabis or tobacco. The effects of ketamine may be experienced within one minute if injected, 5–15 minutes if snorted, and up to 30 minutes if swallowed. Its effects can last for around an hour; however, an individual's coordination or senses may be affected for up to 24 hours after initial use.

Effects of ketamine

There is no safe level of drug use. Use of any drug always carries some risk. It's important to be careful when taking any type of drug:

- Ketamine affects everyone differently, based on:
 - size, weight, and health
 - whether the person is used to taking it
 - whether other drugs are taken around the same time
 - the amount taken
 - the strength of the drug (varies from batch to batch)
- The following effects may be experienced:
 - feeling happy and relaxed
 - feeling detached from your body ('falling into a k-hole')
 - visual and auditory hallucinations
 - confusion and clumsiness
 - increased heart rate and blood pressure
 - slurred speech and blurred vision
 - anxiety, panic, and violence
 - vomiting
 - lowered sensitivity to pain





People may take ketamine recreationally to feel at peace, for greater spiritual experiences and to feel more connected with the world.

Ketamine can make you feel detached from reality, as though you are separated from your body and mind. You may experience hallucinations and it can make you lose the ability to move. This is known as a k-hole. Some people find this experience fun, others find it can be scary.

Mixing ketamine with other substances increases the risk of falling unconscious and vomiting which can be fatal if the person is not placed in the recovery position.

Coming down

The day after using ketamine, you may experience:

- memory loss
- impaired judgement, disorientation
- clumsiness
- aches and pains
- anxiety

Long-term effects

Regular use of ketamine may eventually cause:

- flashbacks
- poor sense of smell (from snorting)
- mood and personality changes, depression
- poor memory, thinking and concentration
- abnormal liver or kidney function
- ketamine bladder syndrome (see below)
- abdominal pain
- needing to use more to get the same effect
- dependence on ketamine
- financial, work, and social problems

What is ketamine bladder syndrome?

Ketamine bladder syndrome (aka ketamine cystitis) affects those with the condition with the need to urinate frequently. It is similar to ulcerative cystitis, and it occurs because the bladder has been damaged – ketamine causes structural damage to cells in this part of the body, meaning that the capacity of the bladder is reduced.

For more information please visit: <https://www.uk-rehab.com/drug-addiction/ketamine/the-dangers-of-ketamine-bladder-syndrome/>

'One act of stupidity has destroyed our family': Teenager died after taking horse tranquiliser at a festival, inquest is told just MINUTES before ketamine is upgraded to class B drug



- Ellie Rowe passed out in her tent and died after she inhaled the drug
- It was reclassified from a Class C drug to a Class B substance
- Student, 18, was an Oxfam volunteer at the Boomtown Fair festival in Winchester, Hampshire, when the tragedy happened
- Her heartbroken family paid tribute to the talented teenager, saying that 'one act of stupidity has destroyed a family'
- Advisory Council on Misuse of Drugs said ketamine should be upgraded from Class C to B and Home Office has taken the recommendation.

<https://www.dailymail.co.uk/news/article-2557800/Teenager-died-taking-ketamine-horse-tranquiliser-Boomtown-Fair-festival.html>

Getting help

If your use of ketamine is affecting your health, family, relationships, work, school, financial or other life situations, or you're concerned about a loved one, you can find help and support.

Call [1300 85 85 84](tel:1300858584) to speak to a real person and your questions answered as well as advice on practical 'next steps'. It's confidential too.

<https://adf.org.au/drug-facts/ketamine/>

<https://www.changegrowlive.org/help-your-mate>

You can also get help with addiction by visiting: <https://www.mind.org.uk/information-support/types-of-mental-health-problems/recreational-drugs-alcohol-and-addiction/drug-and-alcohol-addiction-useful-contacts/>

