

WHAT IS IT?

Ketamine (a.k.a. 'K') is a short-acting but powerful anaesthetic drug that's used medically during surgery on animals and humans. It's usually sold as a white-coloured powder but it can come as a liquid or tablet too.

WHAT DOES IT DO?

Ketamine's anaesthetic properties reduce bodily sensation, meaning users often find they can't move their arms or legs properly, can't talk properly or go numb and can't feel pain.

Ketamine's powerful dissociative properties can alter users' perceptions or leave them feeling detached from themselves and others, as though mind and body have been separated. This could give a floating, dreamy feeling or can cause intense hallucinations or out-of-body experiences (which is known as going into a K-hole). This detachment from reality could mean users have an unpleasant experience over which they have no control. The effects can last for up to an hour, with after-effects felt for several hours more.

WHAT ABOUT THE LAW?

Ketamine is a Class C controlled drug. You could get up to two years in prison if you're caught with it, or you could get up to 14 years in prison if you deal it or give it to your mates.

WANT SOME HELP?

If you want help for a problem with Ketamine (or other drugs or alcohol) contact Ru-ok?, the young person's substance misuse service, on 01273 293966 www.ruokservice.co.uk

Translation? Tick this box and take to any council office.

- ترجمة؟ ضع علامة في المربع وحدها إلى مكتب البلدية. Arabic
- অনুবাদ? বক্সে টিক চিহ্ন দিয়ে কাউন্সিল অফিসে নিয়ে যান। Bengali
- 需要翻譯? 請在這方格內加劃, 並送回任何市議會的辦事處。Cantonese
- ترجمه؟ لطفاً این مربع را علامتگذاری نموده و آن را به هر یک از دفاتر شهرداری ارائه نمایید. Farsi
- Traduction? Veuillez cocher la case et apporter au council. French
- 需要翻譯? 請在這方格內划勾, 并送回任何市议会的办事处。Mandarin
- Źłumaczenie? Zaznacz to okienko i zwróć do któregośkolwiek biura samorządu lokalnego (council office). Polish
- Tradução? Coloque um visto na quadrícula e leve a uma qualquer repartição de poder local (council office). Portuguese
- Tercümesi için kareyi işaretleyiniz ve bir semt belediye bürosuna veriniz Turkish
- other (please state)

This can also be made available in large print, Braille, or on CD or audio tape

**DRINK
SNORT
EAT
ME**

**THE WORLD OF
KETAMINE EXPLAINED**

WHAT ARE THE RISKS?

You're much more at risk of having an accident and seriously injuring yourself if you can't feel pain or control your body.

It's very hard to keep yourself safe if you don't know where you are or what you're doing – you could be assaulted and not be able to defend yourself.

Entering a K-Hole can be a frightening experience if you have hallucinations that you don't enjoy and have no control over.

Ketamine can be especially dangerous if it's mixed with alcohol – this can cause heart failure, stop breathing or lead someone to choke on their own vomit if they become unconscious.

It's also very dangerous if mixed with stimulant drugs like mephedrone, MDMA, cocaine or speed: this increases heart pressure, which can cause seizures, fits or heart attacks.

Regular Ketamine use can cause serious urinary disease - symptoms include wanting to go to the toilet all the time and getting severe pain when you pee.

Some young heavy Ketamine users have experienced permanent bladder damage, leading to removal (cystectomy). This means they have to use a urostomy bag to collect their pee for the rest of their lives. Men who have a cystectomy operation usually lose the ability to get an erection.

There's evidence that Ketamine can damage mental health or cause psychotic illness.

Snorting using shared banknotes or straws carries the risk of getting infections like Hepatitis C or HIV from blood particles. Injecting with shared needles carries the same risk.

Ketamine can be highly psychologically addictive.

HOW DO YOU REDUCE THE RISKS?

Taking Ketamine is **never** risk-free. However, if you do choose to take it, you can reduce **some** of the risk by following this advice:

- Only use very small amounts
- Avoid mixing it with alcohol or any other drugs
- Take it with a sober friend who can keep an eye on you and keep you safe
- Avoid taking it in an unsafe environment (e.g. not near water or near busy roads, not with people you don't know or trust)
- Avoid sharing banknotes or straws with other people if you snort it; avoid sharing works if you inject
- Always call an ambulance if someone passes out after using Ketamine

Remember, the only way to avoid all of the risks from Ketamine is by not taking it at all.

TAKE
ME
TAKE
ME NOT

