

Ketamine

WHAT YOU NEED TO KNOW



Do you know of a person using Ketamine? However, they declined a referral for support? Here is some helpful information. Please approach conversations with respect and no judgement



Questions to ask

How is your urination?

It might feel uncomfortable to ask but early indicators of ketamine bladder syndrome are symptoms such as weeing more often, feeling an urgency to wee more and repeated water infections so always ask about ketamine for anyone presenting with bladder issues.

Where are you using?

Ketamine has hallucinogen properties which could lead to accidental injury if in an unsafe environment such as a lake/busy road. It is also important that you know where you are in case you become unwell.

Are you aware of risk of synthetic opioids?

Locally tested ketamine has shown traces of synthetic opioids (such as nitazenes, fentanyl and xylazines) and this increases the risk of an accidental overdose. Please speak with a local drug service to obtain naloxone/nyxoid kits and training.

Impact on Health



Nasal Damage

Sniffing ketamine can erode the nasal lining, causing nosebleeds, loss of smell, and sinus infections.



Bladder damage & Abdominal pain

Frequent use can lead to ketamine bladder syndrome - symptoms include pain when urinating, and even incontinence.
Abdominal pain caused by ketamine use can range from cramping to leaving users bed bound



Risk of Overdose/ K-hole

"K-hole" - is a dissociative state where you may lose all sense of control or awareness. This can be frightening and dangerous



Mental Health Concerns

Increased risk of mental health problems, such as depression, anxiety, memory problems or detachment.

Harm Reduction



Don't use or share banknotes to sniff ketamine. They can spread infections and viruses. Use equipment like a clean straw and keep it to yourself.



Have a sober sitter or someone not using substances



You can never be sure what your bag contains or is mixed with. Make sure it is crushed finely and take small amounts. Try and alternate nostrils to avoid nasal damage.



Avoid eating food 90 minutes before taking ketamine to reduce the likelihood of nausea and vomiting.



Go low and slow if you haven't used in a while. (low doses, take breaks)

Reducing

·Ketamine is safe to stop in most cases
·A reduction over a period of a few weeks may help manage withdrawal symptoms

24 hours

Mood related come-down within first 24 hours.

Anxiety, shakes, sweating or elevated body temperature, and heart palpitations

1-3 Days

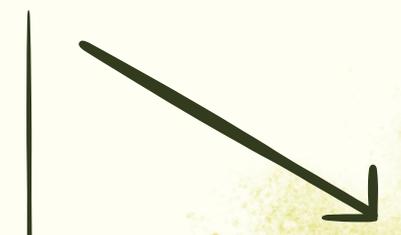
Low mood, tiredness, brain fog, and irritability. anxious or disconnected.

4-7 Days

Sleep issues, reduced appetite, and cravings may peak. Some report digestive issues or stomach discomfort

1-2 Weeks

Most physical symptoms ease, but cravings and mood changes can continue. It's common to feel bored or restless during this period.



1-3 DAYS 4-7 DAYS 4-14 DAYS WEEK 2

