



KETAMINE

WHAT IS KETAMINE?

Ketamine has anaesthetic, stimulant and psychedelic properties.

Ketamine is usually sniffed up the nose through a small tube such as a straw.

EFFECTS

The effects depend on how strong the drug is; how much you take, how you're feeling and where you are.

Generally, in small doses, ketamine acts as a stimulant, making you feel high. In larger doses, you can have an out-of-body experience (known as a K-hole) and hallucinations.

RISKS

Prolonged and frequent use can cause serious bladder and kidney

problems and tummy pain called 'K-cramps'.

Ketamine can leave users in a panicky, confused state and vulnerable to assault and accidents. Ketamine is a very powerful anaesthetic; you might hurt yourself without realising.

Tolerance builds up quickly and higher doses are needed to get the same effects.

THE LAW

Ketamine is a Class B drug. It is illegal to possess, produce or supply the drug.

TOP TIP

If you or a friend need to urinate (pee) more often than usual or pass blood or feel pain when peeing, consult your GP and let them know you use ketamine.