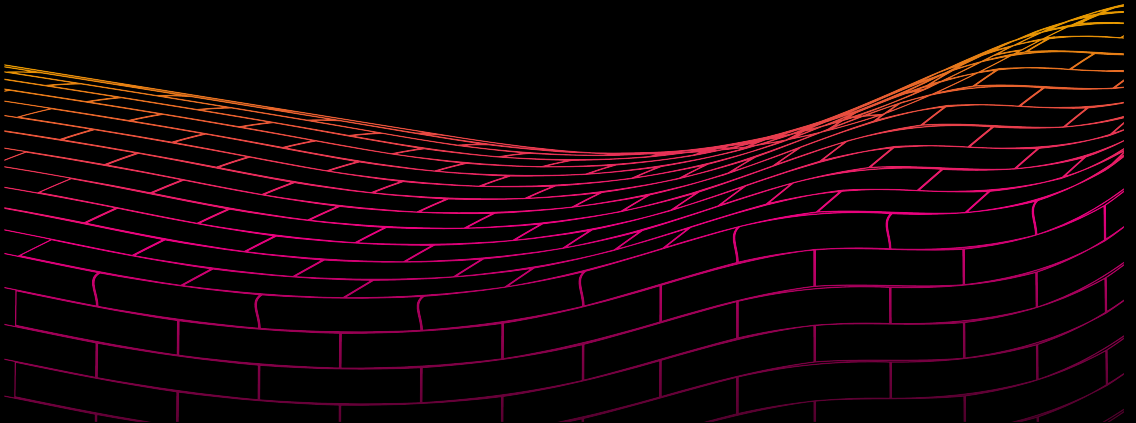
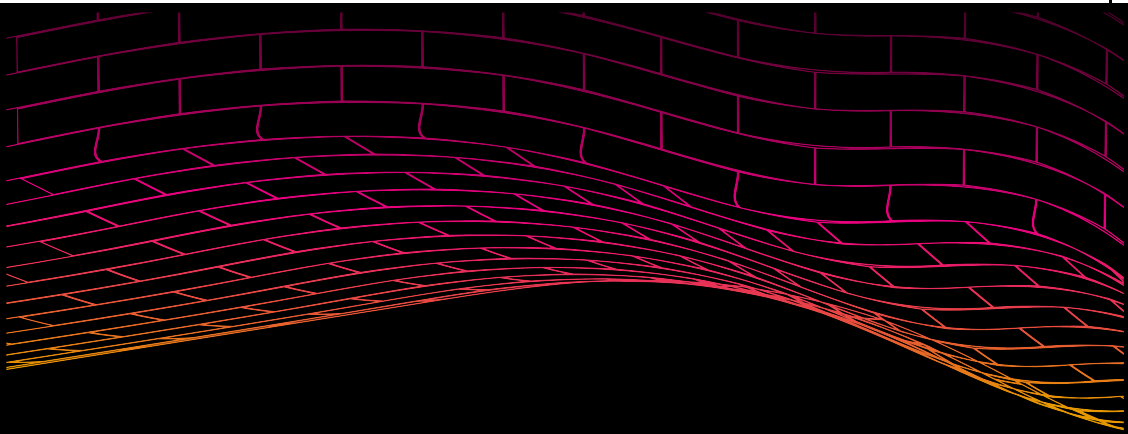




KETAMINE





Ketamine is a dissociative drug that is used as an anaesthetic in both human and veterinary medicine.

In smaller doses you might feel a little bit tipsy and a bit wobbly on your feet...

A medium dose might produce psychedelic effects while higher doses can result in what is known as a k-hole.

1 gram might be split into around 30 average doses.

**Test any drugs before taking them - visit
www.crew.scot/how-can-i-test-my-drugs for more info.**



When experiencing a k-hole people may be unresponsive and unable to move.

Even with lower doses your coordinaton, balance and perception of pain may be affected.

Think someone has taken too much? Always call 999 in an emergency - visit www.crew.scot/overdose for info on spotting the signs of a drug emergency



It is important to avoid taking ketamine near water (e.g. rivers, lakes), cliffs, traffic, heat such as fires or radiators or near glass tables or doors.

Having a comfy place to sit down with cushions is a safer idea.

Avoid taking ketamine by yourself - if you can't avoid being alone, let someone who can check in on you know you plan on taking ketamine.

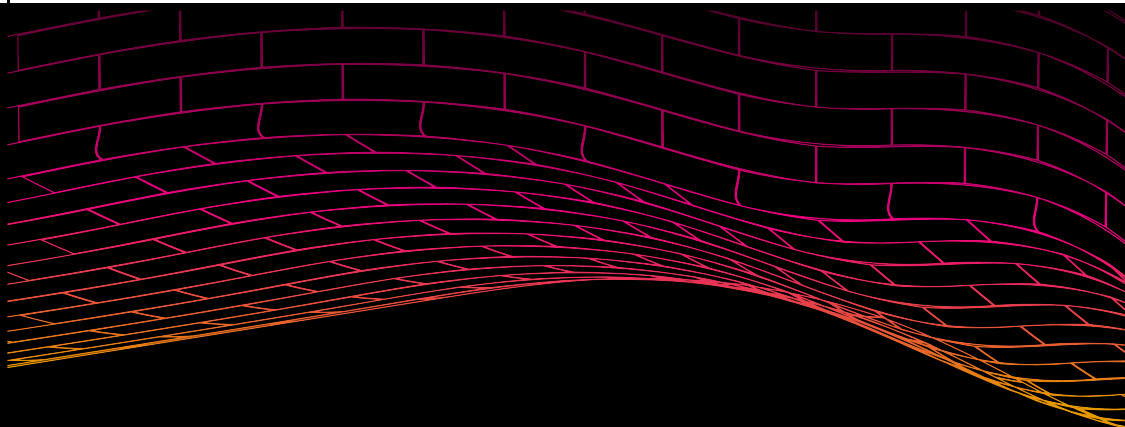


Ketamine is most usually found as a white, shard-like crystal.

It is important to crush ketamine into as fine a powder as possible before snorting it to avoid damage to the sensitive membrane in your nose. Rinse your nose out after each session to remove any ketamine residue.

Avoid sharing the same snorting tube to prevent the spread of common germs and bugs as well as blood borne viruses like hep C.

A common myth suggests that spitting out any powder which collects at the back of your throat - 'the drip' - after snorting ketamine will prevent damage to your bladder. Spitting out excess ketamine may reduce overall harm but won't prevent damage to your bladder



Avoid mixing ketamine with other drugs.

Mixing ketamine with alcohol, even at low levels, is risky and could result in breathing slowing to life-threatening levels. You also increase the risk of vomiting.

If you or someone else has taken ketamine and alcohol it is safest to lie on your side rather than back in case you vomit.



Mixing ketamine with other drugs that produce a psychedelic effect, including LSD, MDMA, nitrous oxide and cannabis, can heighten the psychedelic experience in a way that may feel overwhelming and be difficult to manage.

Avoid mixing ketamine with stimulants like cocaine or speed to reduce the risk of raised blood pressure or cardiac (heart) issues.

If you can't avoid mixing drugs, take much less of each drug than you would normally.

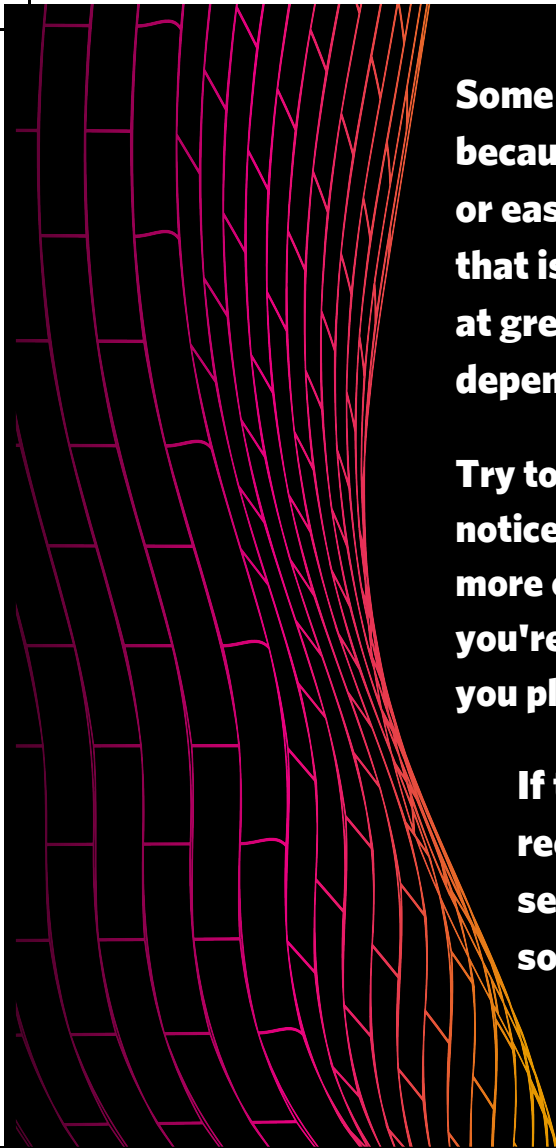


People who take ketamine on a regular basis may find that they develop a tolerance (meaning that they need to take increasingly higher doses to feel the same effects).

When you take ketamine on a regular basis there is a risk of developing a dependency on it.

Dependency can lead to more ketamine-related health issues and debt. Taking ketamine might get in the way of things like work, studying or relationships.

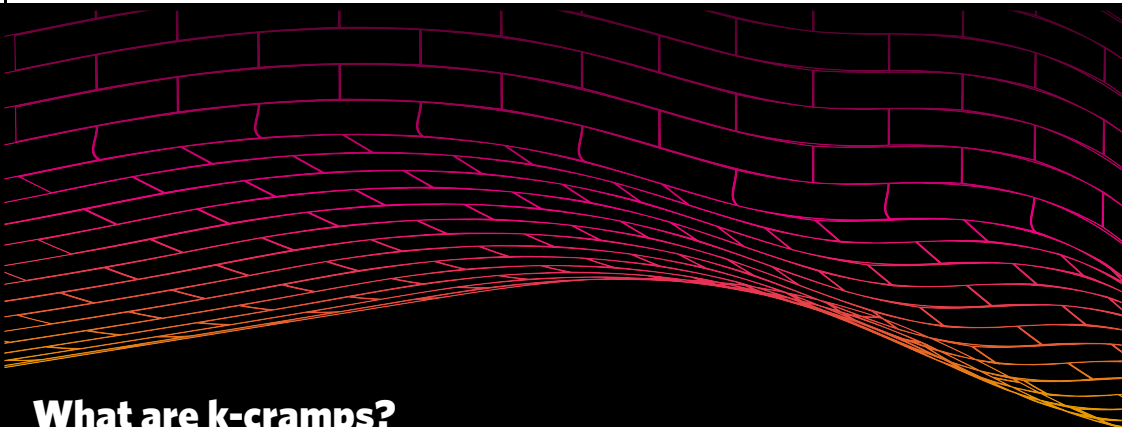




Some people may take ketamine because it reduces feelings of anxiety or eases symptoms of depression. If that is the case for you, you may be at greater risk of ketamine dependency.

Try to keep an eye on your use, and notice if you are taking ketamine more often than you planned, or if you're spending more money than you planned to or than you can afford.

If this is something you recognise it can be helpful to seek out some support or someone to talk to.



What are k-cramps?

K-cramps refers to abdominal pain that people can experience when their urinary tract (bladder, kidneys, urethra) becomes damaged due to ketamine use.

K-cramps can be painful. While it can be tempting to take more ketamine to deal with the pain, stopping your use of ketamine is the only way to prevent k-cramps.

Hot showers and baths, hot water bottles and keeping well hydrated with plain water (instead of fizzy drinks/ juice) can help ease the symptoms.



**Stop taking ketamine immediately
and speak to your GP if you
experience:**

- **Pain when urinating**
- **Blood in your urine**
- **Jelly-like urine**

**Want to know more about
ketamine or chat about your
relationship with ketamine?**

Visit our website:

WWW.CREW.SCOT





Scan the code above for more info on ketamine

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