

KNOW YOUR STUFF

KETAMINE

AKA: ket, K, Special K, Super K, vitamin K

(Drug names vary hugely, these are just a few examples)



WHAT IS IT?

A grainy white or light brown powder, usually snorted (sometimes called a bump if it is a small quantity) but it can be taken orally in this or tablet form. It can also be injected as a liquid.

THE HIGHS

Can make a user feel chilled, relaxed, happy, and cause a dream-like state or sense of detachment.

THE LOWS

Immediate effects can include confusion, nausea, vomiting (which poses a choking risk if the person falls asleep), numbness (including not being able to feel pain, which means someone might not realise they have injured themselves), and altered perception of time and space which may lead to hallucinations (seeing or hearing things that aren't there). Taking too much can cause a k-hole, when the user feels like their mind and body have separated from each other and they can't move, which can be very scary.

Regular use can cause agitation, panic attacks, flashbacks, damage to short- and long-term memory, problems with concentration, abdominal pain (often called k-cramps), and depression, and the comedown afterwards – feeling low in mood and energy as the brain and body recover – can last several days. Longer-term use can damage the kidneys and bladder, making weeing painful and blood-stained, and this can become irreversible, meaning surgical repair or removal of the bladder is needed. The liver can also be damaged. People can become tolerant to ketamine, meaning they take more to try and get the same experience, as well as become dependent on it, with withdrawal symptoms occurring if they try to stop using it.

Ketamine is often cut with other powders to add weight and improve profits for the dealer, which means that the buyer doesn't know what they are getting – or what the effects and risks might be. This also effectively means someone might be mixing without realising, and ketamine is a drug that doesn't mix well, as there can be increased drowsiness (and vulnerability) with depressants like alcohol and cannabis, yet the fact that ketamine doesn't reduce pulse rate and blood pressure means the heart can come under enormous strain if stimulants such as cocaine and ecstasy come into the mix.

It is illegal to possess or supply ketamine, with either resulting in a significant prison sentence and/or unlimited fine. It is also illegal to drive while under the influence, and dangerous.



For more information go to:

FRANK

<https://www.talktofrank.com/drug/ketamine>



DSM foundation
The drug education charity

www.dsmfoundation.org.uk

The Wellbeing Hub
— from Teen Tips —



www.teentips.co.uk