

EDAS REACH YP NEWSLETTER



RISKS OF KETAMINE

What is Ketamine?

Ketamine, also known as **K** or **Special K**, is a **'dissociative anaesthetic'** (not a tranquilliser) which numbs the body, and creates the effect of removing you from your sense of reality.

Common effects include 'out of body experiences', hallucinations, and temporary paralysis. Effects of Ketamine are influenced by your mood and environment.

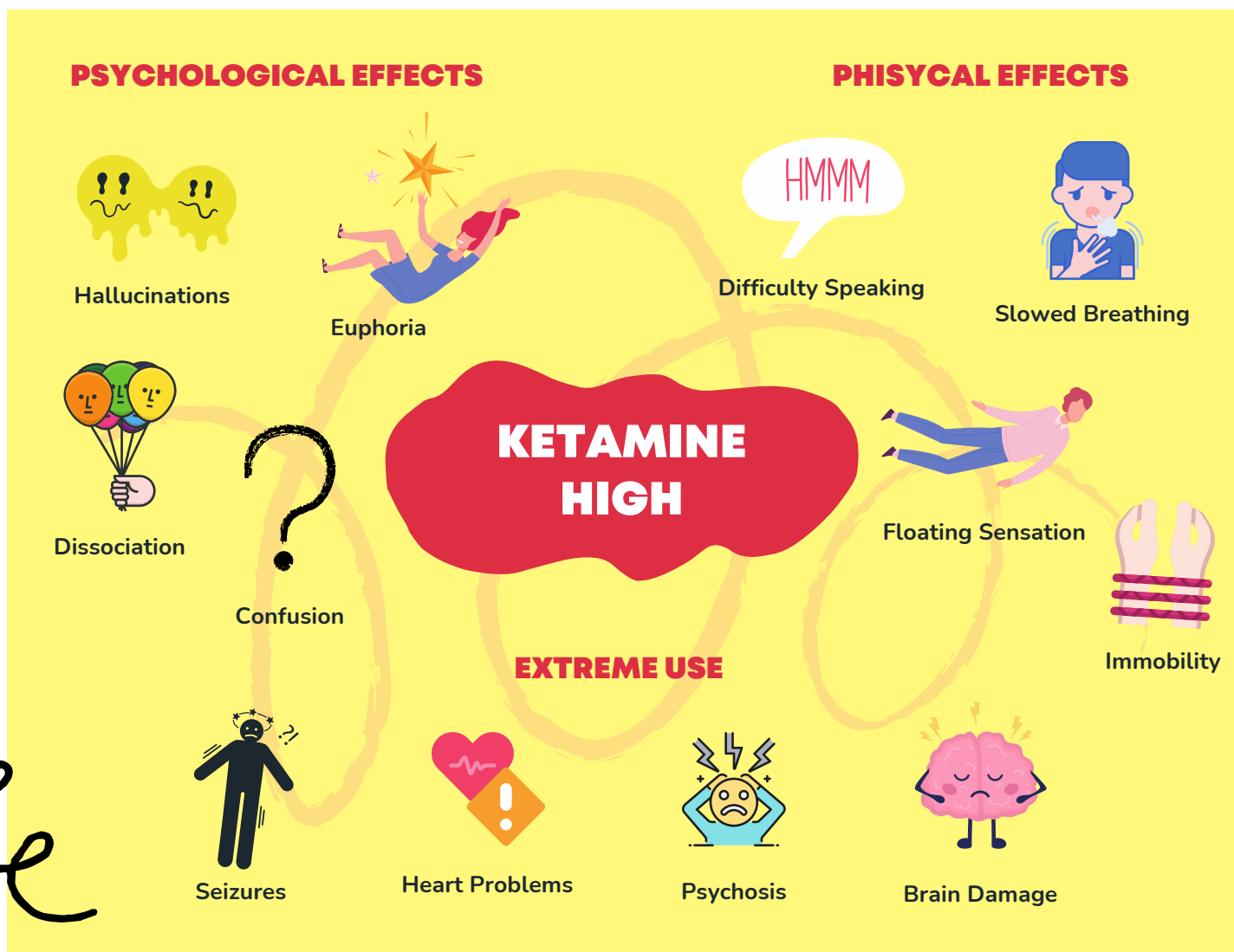
There is a great concern due to growing evidence that ketamine is linked to bladder damage. A number of regular users of ketamine have presented to medical services with symptoms of bladder problems.

FIND OUT MORE ABOUT THE EFFECTS AND DANGERS...



Taking ketamine can make you:

- Feel dream-like and detached
- Feel chilled, relaxed, and happy
- Feel confused and nauseated
- Alter your perception of time and space and make you hallucinate (see or hear things that aren't there)
- Stop you feeling pain, putting you at risk of hurting yourself and not realising it



If you take too much ketamine you may lose the ability to move and go into a 'K-hole'. This feels like your mind and body have separated and you can't do anything about it – which can be a very scary experience.



Side Effects

Short-Term

- Nausea
- Loss of appetite
- Inability to think clearly
- Raised blood pressure
- Dry mouth
- Sedation
- Slurred speech
- Respiratory failure
- Numbness
- Double vision
- Paranoia

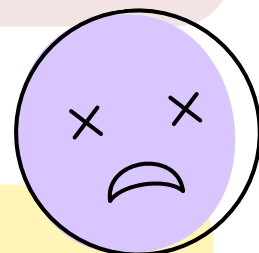
Long-Term

- Depression and anxiety
- Respiratory problems
- Heart damage
- Impaired cognitive abilities
- Bladder and kidney infections
- Amnesia
- Learning disabilities
- Kills brain cells
- Nervousness
- Long-term stomach pain
- Overdose, coma and even death

Risks

There have been cases where users have developed difficulty in holding urine, pain in urinating, blood in urine, and bladder pain. In some people, this has resulted in **severe bladder damage and scarring to the bladder**. This has meant some people have had to have catheters fitted and a small number of people have had complete cystectomies (removal of the bladder).

It is not clear if bladder damage is caused by ketamine itself, a metabolite of ketamine, or a contaminant in ketamine. Anyone who uses ketamine and experiences any problems relating to bladder health should seek medical help promptly.





FOLLOW THIS HARM REDUCTION ADVICE

- If injecting or snorting, don't share equipment
- Always use a clean preparation surface
- Alternate injecting sites
- Use clean tourniquets and don't share
- Don't mix with other drugs or alcohol
- Always have drug free days
- Never use alone or somewhere unsafe
- Plan a safe way home in advance of a night out
- If you get depressed or constantly anxious, seek help
- Use can cause urinary tract infections, drink lots of water
- Don't use it if you are epileptic as using can cause epileptic fits
- Don't snort off toilet facilities, they use harsh chemicals to clean them
- It causes loss of coordination; you may be more accident-prone
- Paranoia and delusions are common so limit how often you use
- Avoid long-lasting stomach pain by not swallowing the drug
- Be aware of K-Bladder, it could ruin your urinary system for life
- Avoid eating at least 3 hours before use in case of vomiting



Be Aware of Drink Spiking

Ketamine has been used in drink spiking due to its inhibiting and amnesiac effects that can put a person at risk of sexual assault, rape, or theft.

If you think your drink has been spiked:

- ask someone you trust to get you to a safe place
- ask your doctor to test for the presence of drugs that can be identified through urine or blood tests



For further support and advice contact the EDAS/Reach Young Peoples team. We are here to help! Get in touch with us on 01202 741414 or 0800 0434656 - option 2.

