

KETAMINE

WHAT YOU NEED TO KNOW

What is it?

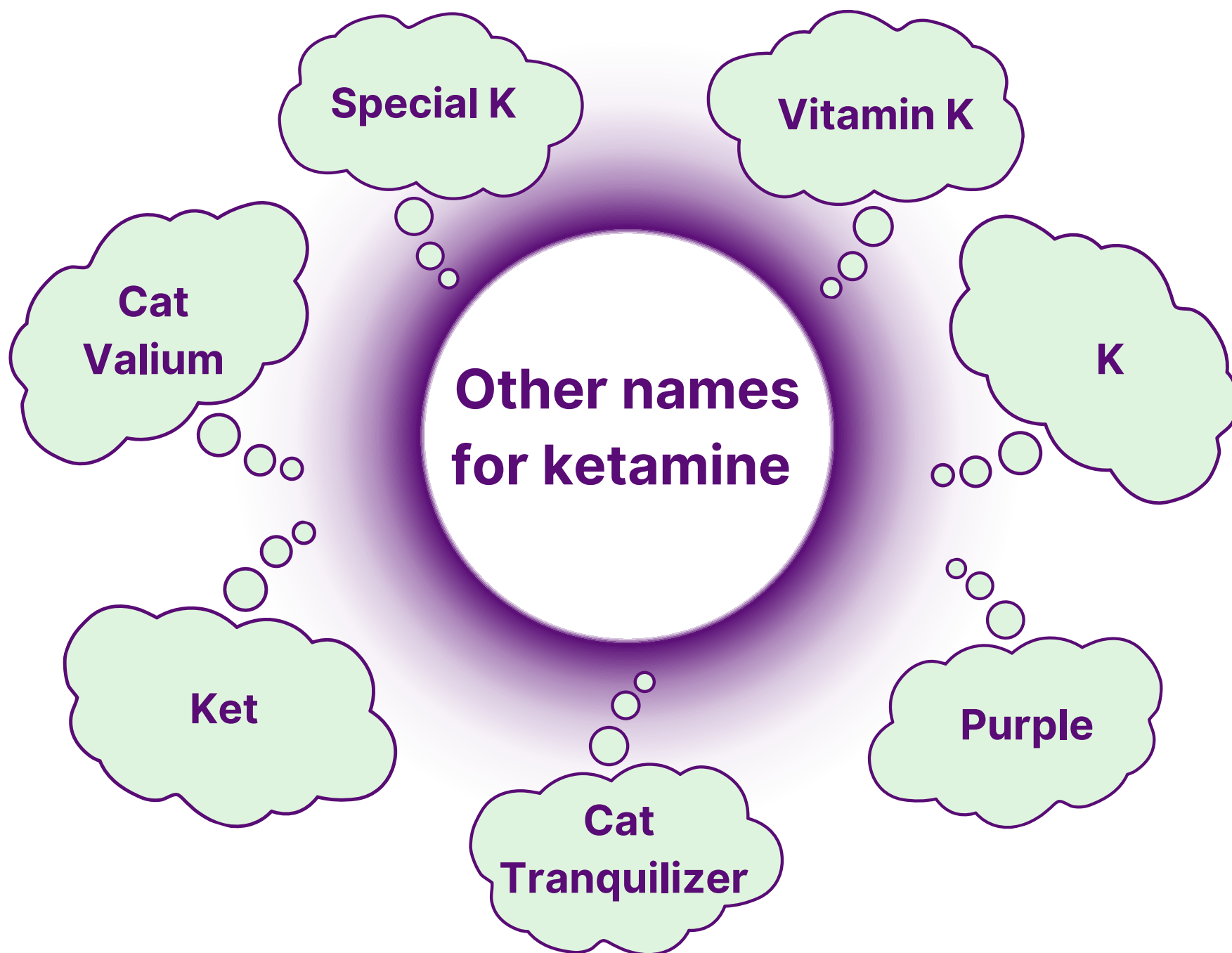
Ketamine is a hallucinogen



Ketamine is a drug that causes hallucinations, numbness, and an out-of-body experience. It is also sometimes used for pain relief. Sometimes people mix it in drinks and use it as a date rape drug.

Ketamine may come as a liquid, powder, or capsules and tablets.

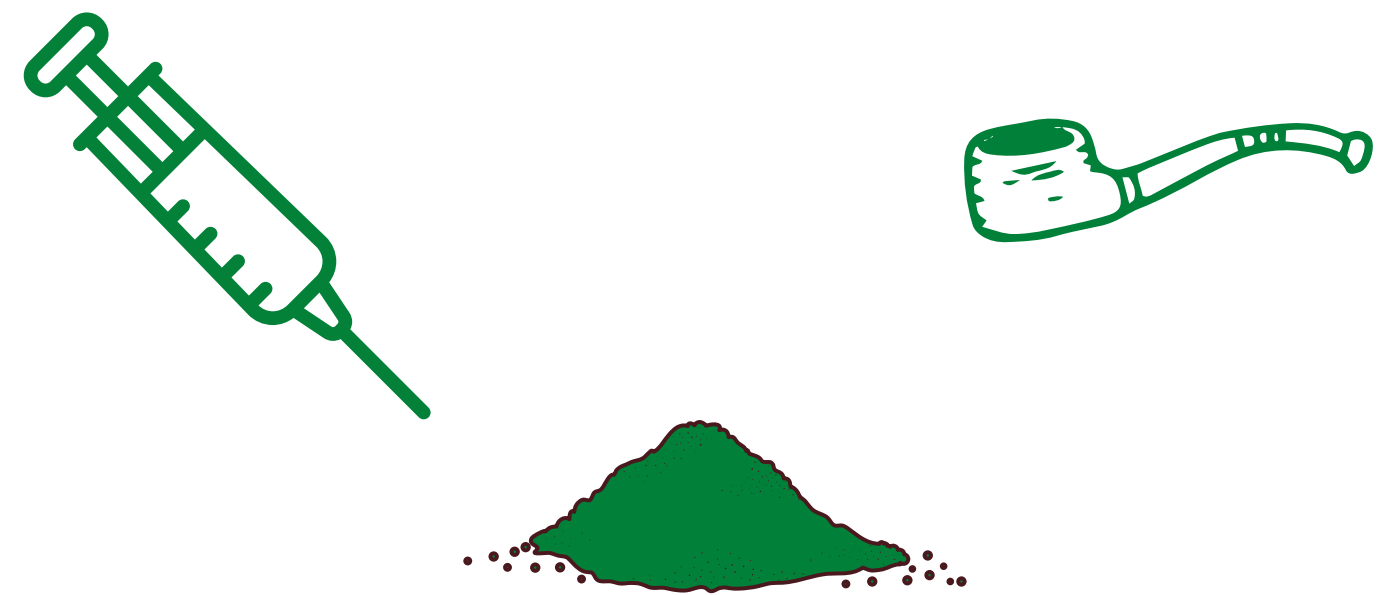
Other names for ketamine



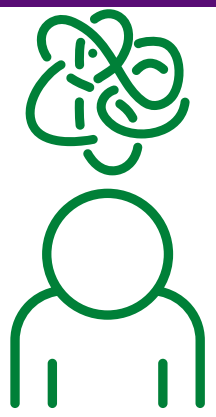
How is it used?

Ketamine can be taken orally, injected, or smoked.

It's often mixed into cannabis or tobacco joints.



What are the effects?



Ketamine hallucinations can be very disorienting. It can be difficult to walk, talk, and see.



At high doses, ketamine causes intense drowsiness. This may cause memory loss and confusion.



Ketamine stops the feeling of pain. This increases the risk of accidental injury.



Ketamine can cause a feeling of detachment from the body. This can be very distressing.



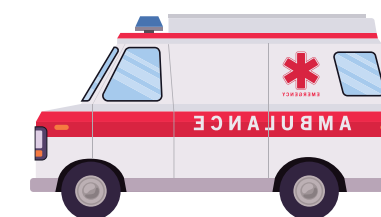
At low doses, ketamine can be very stimulating. It can raise heart rate and blood pressure.



Sometimes flashbacks from ketamine use can occur- even when sober.

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When do you seek emergency help?



Overdose or poisoning: Taking too much ketamine or combining it with other substances.

Signs: Slow heart rate, decreased breathing, chest pain, unconsciousness. In severe cases, seizures or coma are possible.

Get help right away! Ketamine overdoses or poisonings are a medical emergency.

Did you know?

Ketamine is often mixed into other substances (e.g. alcohol, cannabis, and cocaine) to make sexual assault easier.

If you get a bitter taste or get unexpected effects from the substance you're taking, stop immediately and get help!

For more information on date rape drugs, [click here](#)



How to stay safer

- 1** **Avoiding ketamine use** is the best way to stay safe, but that may not be realistic for everybody.
- 2** **Don't mix!** Mixing ketamine with other substances can greatly increase your risk of serious side effects- including overdosing.
- 3** **Plan for safety.** Have a ride arranged for after you use LSD. Bring condoms if sex is a possibility.
- 4** **Stick with friends.** Watch out for them, and have them watch out for you too.
- 5** **Moderate use.** Regular use can affect your memory and relationships with others. It can lead to frequent, intense flashbacks.
- 6** **Use in a familiar area.** This lowers the risk of accidental injury and heightened anxiety.
- 7** **Choose oral.** Snorting and injecting ketamine increases the risk of overdose, injury, and infections.

Support in NL

The Newfoundland Sexual Assault Crisis and Prevention Centre is dedicated to providing support and resources for victims.

Call their support and information line anytime at
1-800-726-2743.

Visit their website at
<https://endsexualviolence.com/>

For more information visit us at:

www.DECYDE.ca

SWAP provides clean, proper supplies for injecting, smoking, and snorting drugs.
To find out more, call or text **709-757-7927.**