

KETAMINE

WHAT YOU NEED TO KNOW

What is it?

Ketamine is a hallucinogen



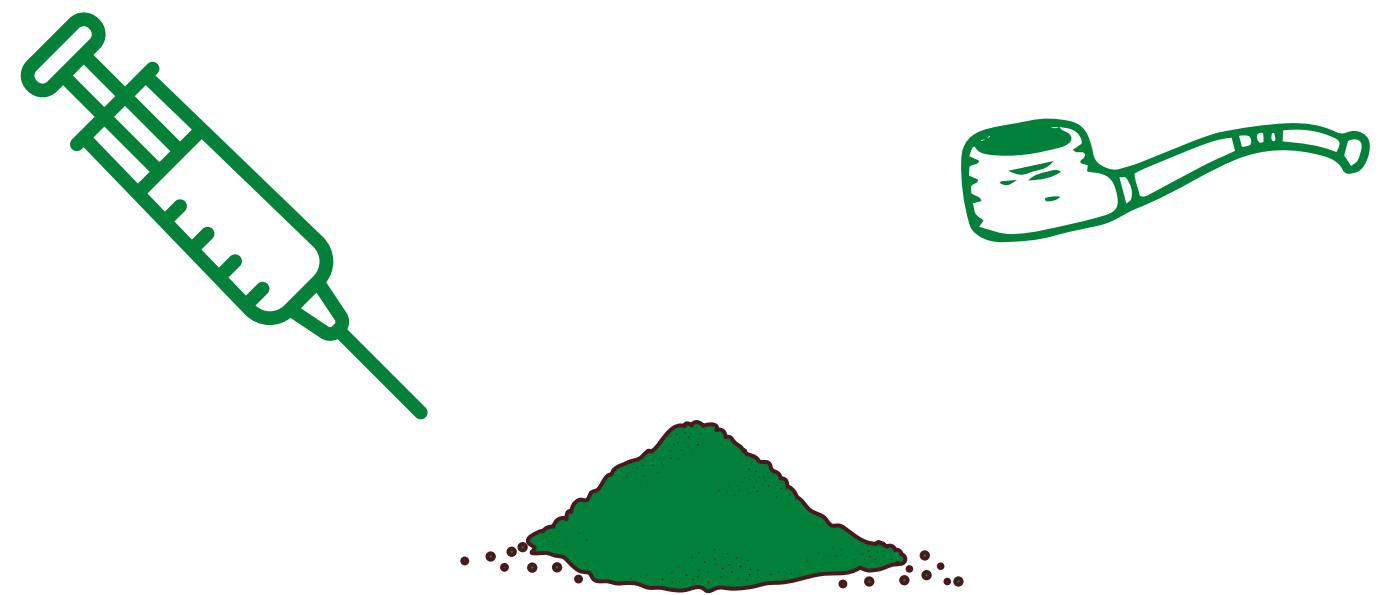
Ketamine is a drug that causes hallucinations, numbness, and an out-of-body experience. It is also sometimes used for pain relief. Sometimes people mix it in drinks and use it as a date rape drug.

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

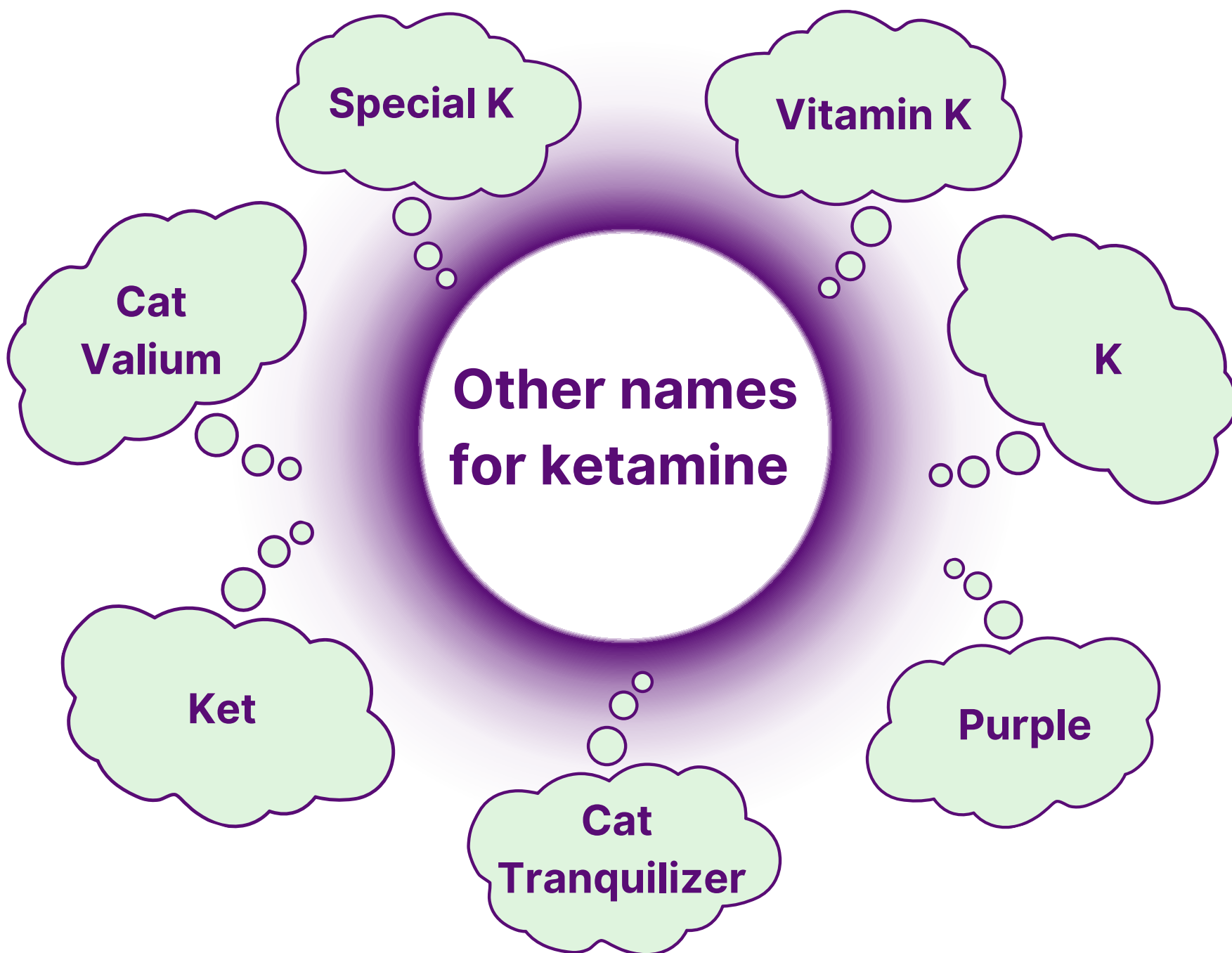
How is it used?

Ketamine can be taken orally, injected, or smoked.

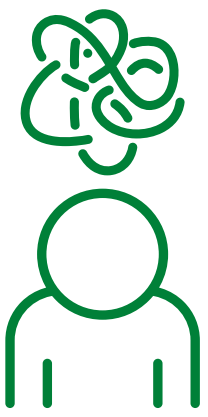
It's often mixed into cannabis or tobacco joints.



Other names for ketamine



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.



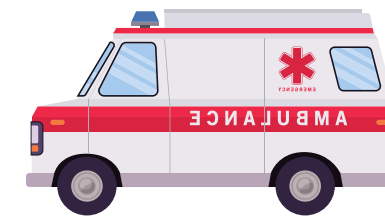
At low doses, ketamine can be very stimulating. It can raise heart rate and blood pressure.



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

KETAMINE

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, visit:
decyde.ca/substance-snapshots/substance-snapshots/#depressants



Support in NL

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

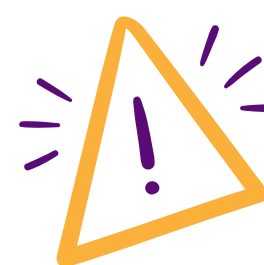
Call their support and information line anytime at
1-800-726-2743.

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

For more information visit us at:

www.DECYDE.ca

How to stay safer?



Not using ketamine is the best way to stay safer and avoid harms.

If you still decide to use ketamine, consider these harm reduction strategies:

- 1 Don't mix!** Mixing ketamine with other substances can greatly increase your risk of serious side effects—including overdosing.
- 2 Don't use alone.** Always have a buddy with you, and check in with friends to make sure they get home safely. Share your location with someone you trust.
- 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.

SWAP provides clean, proper supplies for injecting, smoking, and snorting drugs.

To find out more, call or text **709-757-7927.**

These documents are intended to support educators in their delivery of drug education. They are not for direct student use unless deemed developmentally appropriate.

References:
1. Orhurhu VJ, Vashisht R, Claus LE, et al. Ketamine Toxicity. [Updated 2023 Jan 30]. In: StatPearls [Internet]. Treasure Island (FL): StatPearls Publishing; 2023 Jan-. Available from: <https://www.ncbi.nlm.nih.gov/books/NBK541087/>
2. Hoffman, R. (2021). Ketamine Poisoning. *UpToDate*. Retrieved on September 14 2023 from https://www.uptodate.com/contents/ketamine-poisoning?search=ketamine&source=search_result&selectedTitle=3~150&usage_type=default&display_rank=3#H11
3. Centre for Addiction and Mental Health. (n.d.). Ketamine. Retrieved on September 14 2023 from <https://www.camh.ca/en/health-info/mental-illness-and-addiction-index/ketamine>