



Change
Grow
Live

Alcohol and Drug
Behaviour Change
Service

Norfolk

Ketamine

Keeping yourself safe

Ketamine is a class B drug sometimes known as Ket or Special K. It commonly comes as a grainy white powder people snort or swallow.



Things to know about Ketamine use...



If snorted it can take between **5-15 minutes** to kick-in and if swallowed it can take between **15-25 minutes**.

The effects can last between **45 minutes** and **2 hours** but this will depend on how much you take and how you take it.

Short term
memory loss

Calm

Out of body
experience

Paralysis

Detached
from reality

Loss of movement

Serenity

Hallucinations



Mixing Ketamine with other substances increases the risk of falling unconscious and vomiting, which can be fatal if the person is not placed in the recovery position.



Risks and recognising Ketamine use...

Signs of Ketamine use:

- Loss of coordination
- Physical injuries
- Frequent and / or painful urination
- Slurred speech
- Psychotic or Schizophrenic behaviours
- Numbness to pain
- Nausea and vomiting
- Involuntarily rapid eye movement
- Dilated pupils
- Salivation
- Stiffening of the muscles

Risks of Ketamine use:

- You can experience severe stomach pain often called k-cramps.
- It can cause long term memory problems.
- Ketamine use can damage the bladder and in severe cases can result in it being removed.
- Pain when urinating or blood in your urine. (Speak to your GP as soon as possible)



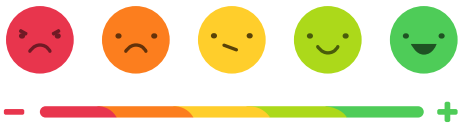
Anyone who has consumed Ketamine and experiences the listed symptoms should seek urgent medical treatment.

If it is an emergency stay with the person, call 999 and put them in the recovery position.



Staying safe and reducing the risk of overdose:

Taking any illicit drugs is always risky, but these actions can help to reduce the risk of overdose.



Make sure you are in a good mental state before using Ketamine. If you are already feeling down or anxious, it can exaggerate these feelings and give you a bad experience.



Avoid using alone. Have a trusted mate that isn't using with you so that they can make sure you're staying safe.



You can never be sure what your bag contains or is mixed with. Make sure it is finely crushed and take small amounts. Alternate nostrils and give it time to kick in before taking any more.



Start with a smaller dose, it is better to take it slow and stay in control.

It can be difficult to move around after using Ketamine so make sure that you are in a safe environment to avoid any injuries.



Don't use or share banknotes to snort Ketamine. They can spread infections and viruses. Use equipment like a straw and keep it to yourself.



If you notice someone ends up unconscious or is having difficulty breathing, call an ambulance. Then, put them in the recovery position. If you do not know how to do this, put them on their side.

How to receive help:

Change Grow Live Norfolk



Change Grow Live Norfolk are the commissioned adult Alcohol and Drug We also offer substitute prescribing and psychosocial interventions for those who would like support with their substance use. There is support available for friends and family too.

Norwich



Adobe House,
5 Barton Way,
Norwich, NR1 1DL



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(Option 1)



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Thetford



Breckland House,
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