

Do you know what you are taking?



Look after yourself. Look out for your friends.

### **Ketamine (K):**

**It's safer not to use but if you do remember:**

- Avoid alcohol and other drugs
- Mixing drugs and alcohol can increase the risk of unwanted side effects such as stomach cramps (K belly) and damage to the kidneys (K bladder)
- Stay well hydrated by drinking water

### **Stay safe:**

- Stay with trusted friends
- Avoid risky situations
- Don't use in unfamiliar surroundings
- When buying always know your source
- Plan session in advance
- Test dose a new batch
- Begin with a low dose as effects depend on your own tolerance and weight
- Ketamine can be cut with other drugs that take effect more slowly
- Wait 60-90 minutes before using more

### **Look after yourself:**

- Grind any crystals into a powder
- Always use your own straw
- Eat properly and drink plenty of water after a session
- Have regular sleep after sessions
- Wait 4 weeks between session

**Seek medical help if you or a friend become unwell or feel suicidal after using. Don't be afraid to get help and be honest about what you think was taken**

Ketamine can cause physical and psychological unwanted side effects including thoughts of self harm or suicide.

**If you have physical or mental health problems such as epilepsy, heart problems, asthma, depression, panic or anxiety attacks use is more risky. You are advised not to use.**

It's always safer not to use illegal drugs.

Do you know what you are taking?



The strength of your ecstasy pill may be higher than you think.

### Ecstasy (MDMA):

It's safer not to use but if you do remember:

- Mixing drugs and alcohol can increase the risk of unwanted side effects
- Stay well hydrated by drinking water
- MDMA can make people sexually aroused. Always use a condom

### Stay safe:

- Stay with trusted friends
- When buying always know your source
- Test dose a new batch  
Begin with a low dose 1/4 pill
- Some pills are cut with other drugs that take effect more slowly
- Wait at least two hours before using any more

### Look after yourself:

- Eat properly
- Have regular sleep after sessions
- Wait 4 weeks between sessions
- Chewing gum can help jaw cramps

**Seek medical help if you or a friend become unwell or feel suicidal after using. Don't be afraid to get help and be honest about what you think was taken**

Ecstasy can cause physical and psychological unwanted side effects including thoughts of self harm or suicide.

If you have physical or mental health problems such as epilepsy, heart problems, asthma, depression, panic or anxiety attacks use is more risky. You are advised not to use.

It's always safer not to use illegal drugs.