

Ketamine

Be in the know and reduce the harms

It's safer not to use ketamine at all but if you choose to:

1
Be with people you trust and in a safe location.

Ketamine is a general anaesthetic so it reduces sensations in the body. How you feel, where you are and who you are with can impact on your reaction to ketamine. Avoid use if you feel low, anxious, depressed or if you have mental health or heart health concerns.

2
Start low and go slow.

The effects of ketamine depends on how much is taken. Different people can have different effects depending on the amount taken and the way their own body reacts.

3
Don't use alone and don't leave anyone alone.

If you take too much ketamine you may have a feeling of complete disconnection from your surroundings called a 'k-hole'. This can be risky at a busy place like a festival.

4
Avoid mixing with other drugs, including alcohol and prescription medication.

Ketamine used with depressants (alcohol, GHB, opioids, benzodiazepines) can slow down your heart rate and breathing. This can lead you to passing out. Ketamine and alcohol can make you feel sick and increase your risk of vomiting. Place people at risk on their side. Using ketamine with stimulants (MDMA, speed, cocaine 'CK') can increase the strain on your heart.

5
Reduce snorting risks.

Avoid sharing snorters or using bank notes as this can spread infections. Crush the powder finely so it's less likely to damage your nose.

6
Reduce how much you use and how often.

Frequent and long-term use can impact each person differently.

7
Look out for the signs of urinary/bladder concerns.

Look out for cramps, abdominal pain, difficulty peeing, urinary tract infections, cystitis, peeing often and blood in pee. Stop use and discuss with a health professional.

8
Medics are your mates

Get help if you or a friend becomes unwell or feels suicidal after using drugs. Know where the medical tents are at the event. Be honest with medics about what was taken.



More information