

## Ketamine at a glance

### How it can make me feel:

- Dream-like, detached, relaxed, and nauseous

### Impact of frequent or heavy use:

- Bladder damage, panic attacks or hallucinations, damage to the inside of the nose, memory loss, and liver and kidney damage

### How to reduce harm:

- Avoid using if you're alone. Start low, go slow with doses. Avoid mixing with other drugs. Instead of injecting, swallow or snort

### What to do if someone overdoses

- If someone passes out or falls asleep and you can't wake them, put them in the recovery position (or on their side) and **call 999**. If you have naloxone – give it



Scan here to find out  
more about ketamine

## What do I do if I think someone has overdosed on ketamine?

If someone passes out or falls asleep and you can't wake them up, put them in the recovery position (or on their side) and call 999, telling emergency services what you know. Stay with the person until help arrives.

### Signs of ketamine overdose include:

1. They don't wake up when you talk loudly or shake them by the shoulders
2. Difficulty walking and talking
3. Nausea or vomiting
4. Lips or fingertips with a blue (on lighter skin) or grey (if darker skin) tinge
5. Confusion or agitation
6. Very bad stomach cramps, pains, or diarrhoea
7. Intense hallucinations
8. Difficulty breathing, making snoring sounds, or breathing noisily
9. Drug paraphernalia close by

If you have naloxone – give it, even if you're not sure what the person has taken. Naloxone reverses the effects of opioid drugs like heroin, morphine, methadone, and synthetic opioids. If someone hasn't overdosed on opioids, naloxone won't harm them. You may need to administer multiple doses.

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# Let's talk about ketamine

What it is, how  
to reduce harm,  
and more.

**withyou**  
in Shropshire

[wearewithyou.org.uk](https://wearewithyou.org.uk)

## What is ketamine?

Ketamine is a dissociative drug also known as 'special K', 'kenny', 'ket', 'vitamin K', 'donkey dust' and 'wobble'.

## What does ketamine look like and how is it taken?

Ketamine usually looks like a grainy white or light brown powder that can look like crystals. Less commonly, it can be in liquid or tablet form.

Ketamine can be taken in several ways, including:

- Snorting up the nose (finely crush a small amount, alternate nostrils, and rinse each nostril with clean water afterwards)
- Swallowing powder wrapped in cigarette paper (a 'bomb'), or less commonly, tablets
- Injecting it (most dangerous – instead of injecting, snort)

## How can ketamine make me feel?

Ketamine can make you feel like you're in a dream ('floating') and like your mind and body are detached (a 'k-hole'). It can also make you feel confused and nauseous, make it hard to move your arms and legs, cause hallucinations, and speed up your heart rate.

If you think that you or someone else is overdosing, **get help fast by calling 999.**

## How to reduce harm while using ketamine

- It's best not to use ketamine if you're alone. If you're in a group, use a buddy system (where one person takes their hit and waits until the peak effects have worn off before the other person uses) so that someone can get help quickly if anyone overdoses
- Even if you take ketamine regularly, start with a small amount and wait before your next dose (take a screenshot of the time or set a timer) – start low, go slow, and go at your own pace
- Mixing ketamine with other drugs or alcohol can increase your risk of overdose, so try not to take more than one drug at a time
- How you feel when you take ketamine can impact your experience, so find somewhere you feel safe and stay with people you trust
- Plan and measure your doses – only carry with you what you plan to use so it's easier to set boundaries and stay in control

## How can ketamine impact my body?

Using ketamine heavily or frequently can cause:

- Bladder damage, including the urgent and frequent need to wee and loss of bladder control – these can become permanent
- Liver and kidney damage
- Frequently feeling very anxious, depressed, or getting panic attacks or hallucinations
- Damage to the inside of the nose
- Short or long-term memory loss

## Getting help

WithYou provide free and confidential services for adults and young people experiencing challenges with drugs, alcohol, or mental health. If you're concerned about your ketamine use, or you're worried about someone you know, don't hesitate to get in touch.

**Call**  
01743 294700

**Address**  
1A Castle Gates  
Shrewsbury

You can also access support seven days a week via our webchat:  
**[wearewithyou.org.uk](https://wearewithyou.org.uk)**

