

## Risks of using ketamine

Ketamine is a powerful anaesthetic that can cause serious harm. Taking ketamine can be fatal, particularly if it is mixed with other drugs.

### Other risks include:

- Increased heart rate and blood pressure
- Serious damage to the bladder, urinary tract and kidneys
- Breathing issues
- Damage to short and long term memory
- Aggressive behaviour
- Making existing mental health problems worse
- Overdose.

As ketamine can cause loss of feeling in your body, muscle paralysis and your mind feeling out of touch with reality—also known as a 'K-hole' - you can be left vulnerable to hurting yourself or being hurt by others.

## Contact us

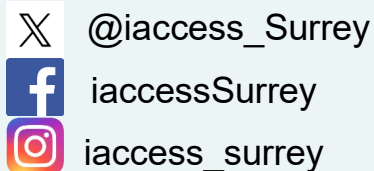
Our trained staff are available  
Monday – Friday, 9am – 5pm to take  
referrals or to give advice on drug and  
alcohol use.

Tel: 0300 222 5932

Email (confidential):  
rxx.iaccess@nhs.net

Laurel House, Farnham Road Hospital,  
Farnham Road, Guildford  
GU2 7LX

[www.surreydrugandalcohol.com](http://www.surreydrugandalcohol.com)



**LET'S TALK  
ABOUT  
KETAMINE**

**A guide to help you stay  
informed and stay safe**

## Why do some people use ketamine?

Some people use ketamine (also known as K or Special K) to feel more relaxed, chilled out, detached, and to stop feeling pain.

## Using ketamine can make you feel:

- Dream-like and detached
- Relaxed and happy
- Confused and clumsy
- Anxious, panicked, violent.

Your experience will depend on your mood, where you are, and who you are with.

How long the effects can last and stay in your system will depend on how much you have taken, your size, and what else you may have used.

Mixing with alcohol, benzos, or opiates is dangerous. Never use without being with other people you trust.

## Effects on your body

- Loss of control and coordination
- Difficulty speaking, hearing or seeing
- Not feeling pain properly
- Nausea
- Abdominal pain (K-cramps)
- Risk of permanent damage to your bladder resulting extreme discomfort and frequent need to pee.

## Effects on your mind

- Insomnia
- Altered sense of space and time
- Paranoia and confusion
- Mania
- Depression
- Agitation and panic attacks
- Hallucinations
- Memory loss.

## Dangers of long-term ketamine use

The longer you use ketamine for, and the more you use, the more likely you will have long term and sometimes irreversible effects.

People can quickly become dependent on ketamine and can find it very difficult to stop.

## We can help

If you're worried about your own use or someone close to you, please get in touch with our friendly team on the details in this leaflet.

We offer free, confidential and non-judgmental support and advice to help you make positive changes.

