

What is ketamine?

Ketamine is a drug used as an anaesthetic by doctors and vets. It can slow down your body and change your perception.

Did you know?

In the illegal market, ketamine is usually sold as white crystal powder but can also come pressed into pills or dissolved in liquid.



During use, it can make you feel:

Relaxed
Euphoric
Changes in perception

Increased heart rate
Nauseous

Tingling / numbness
Sensations of floating

Anxious
Detached from reality
Difficulty speaking
Slowed breathing

Sick / vomiting
Unable to control your body movements
Psychosis
Seizures

Afterward, signs of a comedown can be:

Aches and pains

Sweating

Irritability

Low mood / anxiety

Feeling uncoordinated / disorientated

Mild memory loss

A sense of impending doom

Difficulty urinating / urinating a lot

This may last several days

If someone is experiencing:

Severe and persistent hallucinations

Chest pain

Paralysis that is long lasting or distressing

Seizures

Loss of consciousness

Slow heartbeat

Unresponsiveness

Then:

Call 111 for an ambulance

Lie them on their side with open airways

Stay with them

Reassure them



Be safer when using by:

- > Starting with a lower dose
- > Not mixing with alcohol or other drugs that slow down your body
- > Use drug checking services to make sure it isn't a different drug
- > If snorting, using a clean straw and using a nasal rinse
- > If injecting, use new, sterile equipment
- > Using in safe environments
- > Not using while pregnant

Look after yourself by:

- > Taking a break to let your brain and body recover
- > Catching up on sleep, food and water

Consider making changes if:

Use and comedowns are affecting your relationships, study, or work

Unpleasant effects outweigh the pleasant effects

You are finding it difficult to slow down or stop

Get support to make changes if:

You are spending more time/money on ketamine than you want

You are always thinking about ketamine

It is affecting your mental health

Others are concerned about your use

Seek professional help if you or someone you know is:

- > Experiencing low mood or anxiety
- > Using more to get the same effect or feel 'normal'
- > Experiencing physical problems
- > Having suicidal thoughts.

For support and information contact:

Alcohol Drug Helpline Txt 8681
Call 0800 787 797
drugfoundation.org.nz
wharaurau.org.nz/taiohi.org
TheLevel.org.nz



KETAMINE



Āta haere i a koe e hōpara I te ao
Take care as you explore the world