

Ketamine

HARM REDUCTION

The easiest way to stay safe is by not taking drugs.
However, if you still decide to use ketamine:

Dosage



#GoSlowStayLow - especially if it's your first time taking ketamine

Think about set and setting - your mood and surroundings can impact your experience. Is your environment safe and are you with people you trust? The effects of ketamine can be disorienting. Wait at least 30 minutes between doses - take a note on your phone as it's easy to lose track of time. At higher doses (typically 100mg+), many people will experience a 'k-hole' - which can be intense.

Avoid mixing with other drugs

Taking ketamine with other depressant drugs like alcohol, opiates or benzos (Xanax, etizolam, Valium) increases your risk - even at low doses

This includes prescription medications. Depressant drugs in particular increase your risk of losing consciousness and vomiting. Mixing with stimulants like cocaine and MDMA increases the risk to your heart.



Reduce your risk of a virus

Sharing straws can lead to transmission of viruses like Hepatitis C

Ketamine can damage the inside of your nose and lead to sinus infections. Make sure that the powder is finely crushed. Alternate nostrils after each line. Rinse your nose out with clean water after a session to remove any residue and prevent further damage.



Long term use & signs to look out for

People who take ketamine are at risk of developing a dependency

People who take ketamine frequently or at high doses are at considerable risk of experiencing abdominal pain (k-cramps) and developing bladder problems. Look out for UTIs/cystitis as early warning signs. If you start to find it painful or difficult to urinate, notice blood in your urine, or experience incontinence (wetting yourself), stop using immediately and talk to a GP or local drugs service.

Ask for help if needed

Be aware of the signs of an emergency and know when to get help

Look out for: people who mix ketamine with other drugs might have their balance affected, feel disoriented or sick, throw up or pass out - make sure they are in the recovery position and get help if needed. Pace yourself, know your limits & look after yourself and those around you.



The easiest way to stay safe is by not taking drugs; this guide is intended to minimise harm for those who decide to anyway. Every effort has been made to ensure that the information in this infographic is in keeping with the latest harm reduction advice, However, please use your own judgement & supplement with your own research whenever possible.

Insufflated ketamine dosages by www.psychonautwiki.org

- Light: 10 - 30 mg
- Common: 30 - 75 mg
- Strong: 75 - 125 mg
- Heavy: 150 + mg

*For interactions see: https://wiki.tripsit.me/wiki/Drug_combinations

additional resources:

- rollsafe.org
- psychonautwiki.org
- drugsand.me
- drugs.tripsit.me
- erowid.org
- drugscience.org.uk



www.WeAreTheLoop.org

Revised version 2.2.1