



SAFER USING

- Use around people you trust and somewhere you feel safe.
- Wait a minimum of 30 minutes after eating.
- Have a sober or experienced safe person with you (trip sitter).
- Be seated, especially with higher doses due to the effects on coordination
- A standard dose of ketamine is ~15 to 300mg—Because of this huge variation start with a very small amount to gauge strength and assess your sensitivity.
- If redosing, wait at least 2 hours
- Ketamine can increase the chance of developing problems with your urinary tract (eg. UTI).

Snorting

- Crush to fine powder as crystals can cause little cuts.
- Snort water before and after to protect your nose.
- Use your own straw/spoon (& not money bills) to avoid infection or blood borne viruses (HIV/HVC)
- Repeated snorting can damage your nose, switch nostrils regularly and take breaks.

Swallowing

- Wait at least 30mins or preferably 2 hours after eating before swallowing.

Injecting

- Use your own, new and sterile injecting equipment (inc. water when mixing).
- Wash your hands thoroughly before and after.
- Learn about safer injecting practices.
- Dispose of syringes & equipment responsibly. Look for this symbol



Shelving (dry)/Plugging (wet mix)

- Use lubrication to avoid tearing the skin
- Use a condom or latex/vinyl glove to avoid internal scratches
- Wash your hands thoroughly before and after
- Use sterile water to mix with powdered pill
- Find a discreet and safe place to do it.

SAFER HANDLING

- Carrying drugs & paraphernalia puts you at greater risk of criminal charges (inc. trafficking, even if you don't deal). Know your local laws.

DRUG TESTS

Roadside Police: Roadside saliva tests do not look for ketamine but other substances can be detected that might have been cut into your ketamine. It is illegal to drive under the influence of any illicit drugs, including ketamine and any driver may be subject to a roadside behavioural impairment test. Wait at least 24 hours before driving. Taking multiple doses over a period of several hours can lengthen this time period.

Workplace: OHS law gives employers rights to test employees for drug use. This should be contained in workplace policy, it should be reasonable, and a risk assessment should be done to determine whether testing of employees is appropriate.

Urine: 1 - 4 days; Hair: Up to 90 days; Blood: up to 2 days

'Pill Testing'/Drug Checking: Lab-quality testing has been trialled in Australia and is not available as a health service yet but DIY reagent testing is an option. Mandolin gives a reaction. Marquis and Mecke don't, which can be a helpful process of elimination.

MORE INFO

This resource has been made by people who use drugs for their peers & the wider community. The role of DanceWize is to provide credible & non-judgmental info to promote health & harm reduction. In an unregulated (illegal) market you don't know the purity or dose of any drug and there is always some risk. You can educate yourself and practise harm reduction to reduce risk.

Knowledge is power.

MORE INFO @ WWW.

dancewize.org.au
 dancewizensw.org.au
 higround.org
 prism.org.au
 consciousnest.info
 erowid.org
 tripsit.me (drug combos chart)

dancesafe.org
 tripproject.ca
 kosmicare.org/
 pillreports.net
 bluelight.org

Research your jurisdiction's Department of Health website for drug 'alerts' or 'warnings.'



Ketamine

STREET NAMES

K, special K, Ket, Vitamin K, Kettlers, KitKat

CHEMICAL COMPOUND

Ketamine hydrochloride 2-(2-Chloro-phenyl)-2-methylaminocyclohexanone

Know Your Body & Mind - 'Set
 Know Your Environment - 'Setting
 Know Your Drug - Practise Harm Reduction

DESCRIPTION

Ketamine is a dissociative that has analgesia and anaesthetic properties. It is not a central nervous system depressant. It was developed in the mid 1960s and used primarily for veterinary anaesthesiology. Ketamine is liquid in its original form but it is commonly sold as a white powder for recreational use. Ketamine is used for therapeutic, psychedelic and recreational purposes. Because ketamine's effect is dissociative, the psychedelic experience is different to many other psychedelic drugs. People who use Ketamine can find themselves completely disconnected from their surroundings, their body and sensations. A well-known effect of ketamine at higher-range doses is the 'K-hole', where the user is removed from reality and set adrift in an introspective dream-like world, often involving complete dissociation, visuals and out-of-body experiences.

DURATION OF EFFECTS

Total duration: 1-2 hours

Onset: 5-15 minutes

Peak: 20-60 minutes

Coming down: 30-60 minutes

Hangover/After effects: 1-3 hours

HALF LIFE:

The felt effects of the drug wear off after apx. 2 hours, but it's still active in your system for 3 hours. Remember this if mixing with other drugs.

DRUG COMBINATIONS

Polydrug use has many possible outcomes. What could be fun for one person could be dangerous for another. We recommend you proceed with caution.

DANGEROUS

Alcohol: nausea and vomiting at low doses.

It can lead to more serious effects at higher doses

Depressants e.g. GHB, opioids & benzodiazepine

i.e. valium: Can cause a loss of consciousness, difficulty breathing & respiratory failure which can lead to death

CAUTION

Amphetamines - Increase in blood pressure.

Cocaine - Increase in blood pressure.

LOW RISK








Psychedelics: Can intensify psychedelic experience.

MAOIs e.g. antidepressants & DMT/'changa' mix: Can intensify psychedelic experience.




EFFECTS Effects vary from person to person.

 **LESS COMMON**  **RARE**

PHYSICAL

- Analgesia, numbness
- Pleasant body high
- Increased energy
- Ataxia (loss of motor skills and coordination)
- Neutral/slightly increased heart rate
- Dilated pupils
- Slurred speech
- Nasal discomfort after snorting
- Susceptibility to accidents from loss of coordination and change in perception of body and time
-  Loss of consciousness
-  Increased or decreased blood pressure
-  Nausea/vomiting
-  Reduced heart rate & breathing. Risk increases with increased dose or when combined with CNS (central nervous system) depressants
-  Urinary tract infection symptoms,
-  Heart palpitations
-  Stomach pain (most common when swallowed)
-  Seizure
-  'Ketamine Bladder Syndrome' more common with long term use.
-  Headache

EMOTIONAL

- Disconnection from the world (beings or objects) like a peculiar feeling of separation
- Euphoria
- Meaningful spiritual experience
-  Enhances sense of connection with the world (beings or objects)
-  Frightening or untimely distortion (or loss) of sensory perception
-  Anxiety/Panic

PSYCHOLOGICAL

- Sense of calm and serenity
- Pleasant mental high
- Abstract thinking

Effects Continued...

- Distortion or loss of sensory perceptions
- Open and closed eye visuals
- Dissociation of mind and body
- An amusing sense of confusion/disorientation
-  Dissociation, out-of-body experiences
-  Significant distortion of time perception
-  A distressing sense of confusion/disorientation
-  Visual hallucinations
-  Amnesia
-  'K-Hole' intense mind-body dissociation
-  Significant shift in reality perception
-  Risk of psychological dependency
-  Severe amnesia
-  Severe confusion/disorientation
-  Paranoia, egocentrism and megalomania (with regular use)
-  Severe dissociation, depersonalisation
-  Nightmares
-  Delirium or Psychosis

It is not recommended to use ketamine if you have or are at risk of:

- Increased spinal fluid pressure
- Heart conditions
- Increased pressure in the eye
- Blood pressure issues
- Head trauma or injury or bleeding in/on the brain
- Eye injury
- Thyroid conditions
- Recent stroke

LONG TERM EFFECTS

- Psychological dependency
- Can lead to cognitive impairments including memory problems
- Possible severe degeneration of the bladder. Be cautious with ketamine if you are sensitive to urinary tract infections or bladder problems. These issues are more commonly linked to frequent, long-term use and frequent, heavy use.