


WHEN INJECTING

- Use your own, new, sterile injecting equipment, (inc. water). Where it isn't possible to get sterile water, use filtered or cooled down boiled kettle water. **Bottled water is NOT sterile!**
- Avoid sharing **any** injecting equipment, (including syringes/needles, water, spoon, filters, etc)
- Wash your hands AND injecting site thoroughly before and after with soap and water or a fresh alcohol swab.
- Wipe down the mixing area with warm soapy water or with a fresh swab.
- Avoid vein damage by rotating injection sites. Be patient!
- Drink lots of water & warm up your body before injecting to make veins more visible.
- Dispose of syringes & equipment responsibly.  Look for this symbol for disposal sites.

SAFER HANDLING

Carrying drugs & paraphernalia puts you at greater risk of criminal charges. You can still be charged with trafficking even if you don't actually deal.

KNOW YOUR LOCAL LAWS.

DRUG COMBINATIONS

* *Mixing ketamine and other drugs can have many possible outcomes. What could be fun for one person could be dangerous for another. We recommend you proceed with caution.*

DANGEROUS

Alcohol – can cause nausea and vomiting at low doses or more serious effects at higher doses.

GHB, opioids, benzos & other depressants – combining depressants with ketamine can lead to a loss of consciousness, difficulty breathing & respiratory failure which can then lead to death.

CAUTIOUS

Amphetamines, cocaine & other stimulants – can increase blood pressure.

Psychedelics: both the ketamine and psychedelic experiences may be amplified to uncomfortable or unpleasant levels of intensity.

MAOIs - can intensify the psychedelic experience of ketamine.

DRUG TESTS & ROADSIDE TESTS

Roadside Police Testing:

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

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

MORE INFO:

This educational resource has been developed by people who use drugs for their peers and the wider community. The role of DanceWize is to provide practical, evidence-based, unbiased information to assist you to make educated choices and to promote harm reduction, community care, and wellbeing.

In an unregulated market it's impossible to know the purity or dose of any substance. Taking drugs from an unregulated market carries its own risk, and you can educate yourself and practice harm reduction to reduce this risk.

Knowledge is power.

OTHER HELPFUL PEER BASED WEBSITES

AUSTRALIA

www.dancewize.org.au
www.dancewizensw.org.au
www.hi-ground.org
www.prism.org.au,
www.consciousnest.info
www.hrvic.org.au

INTERNATIONAL

www.erowid.org
www.tripsit.me
www.dancesafe.org
www.trippproject.ca
<https://www.kosmicare.org>
www.pillreports.com

Research your jurisdiction's Department of Health website for drug 'alerts' or 'warnings'. Both HRVic & DanceWize post current Drug Alerts on all our social media pages.



Ketamine

STREET NAMES

K, Special K, Ket, Vitamin K, Kettlers, KitKat

CHEMICAL COMPOUND

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

**KNOW YOUR BODY & MIND - 'SET'
KNOW YOUR ENVIRONMENT - 'SETTING'
KNOW YOUR DRUG - 'PRACTISE HARM REDUCTION'**

SAY 'KNOW' TO DRUGS.

DESCRIPTION

Ketamine is a dissociative drug that has analgesic (pain relieving) and anaesthetic properties. It was developed in the mid 1960s and is used in veterinary anaesthesiology as well as for therapeutic, psychedelic and recreational purposes. Ketamine is usually sold as a fine crystalline substance, or crushed into a powder for recreational use, but can occasionally be in liquid form. 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 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.

ADMINISTRATION (MOST COMMON ROUTES)

Note: the way in which a drug is administered can dramatically change the strength and overall duration of any effects.

- **Snorted** (15-60mg per dose)
- **Injected** (IV or IM)
- **Shelved** (rarely)

DURATION OF EFFECTS

For ketamine when snorted -

Total Duration: 1-2 hours

Onset: 5-15 minutes

Peak: 20-60 minutes

Coming Down: 30-60 minutes

After Effects: 1-3 hours

HALF LIFE (the time it takes for the amount of a drug's active substance in your body to reduce by half.)

Even though the apparent effects of ketamine may wear off after 2 hours, the drug is still active in your system for up to 6-12 hours after you have taken it. Remember this if using other substances or redosing.

EFFECTS

KEY: 🍷 LESS COMMON 🍷 RARE

= 'Set' (your mind & body) + 'Setting' (environment) + Drug

PHYSICAL

- Analgesia, numbness
- Increased energy
- Ataxia (loss of motor skills and coordination)
- Slightly increased heart rate
- Dilated pupils
- Slurred speech
- Nasal discomfort after snorting
- Increased susceptibility to accidents from loss of coordination and changes in perception
- Loss of consciousness 🍷
- Increased or decreased blood pressure 🍷
- Nausea/vomiting 🍷
- Reduced heart rate & breathing (especially when combined with CNS depressants) 🍷
- Urinary tract infection symptoms 🍷
- Heart palpitations 🍷
- Stomach pain (most common when swallowed) 🍷
- Seizure 🍷
- 'Ketamine Bladder Syndrome' (more common with long term/heavy use) 🍷
- Headache 🍷

EMOTIONAL

- Disconnected feeling of separation from the world, beings or objects
- Euphoria
- Meaningful spiritual experience
- Anxiety/Panic 🍷

PSYCHOLOGICAL

- Sense of calm and serenity
- Abstract thinking
- Distortion, (or loss), of sensory perceptions or sense of time
- Open and closed eye visuals
- Dissociation of mind and body
- Sense of confusion/disorientation
- Out-of-body experiences
- Visual hallucinations
- Amnesia
- 'K-Hole', (intense mind-body dissociation)
- Inability to perceive reality
- Risk of psychological dependency 🍷

- Severe confusion/disorientation 🍷
- Paranoia, egocentrism and megalomania 🍷
- Severe dissociation, depersonalisation 🍷
- Nightmares 🍷
- Delirium or psychosis 🍷

LONG TERM EFFECTS

- Psychological dependency
- Can lead to cognitive impairments or memory problems
- Can sometimes severely degenerate 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 and heavy use.*

SAFER USING

- Remember '**Set**' (your current mindset & body), and '**Setting**', (the other people and environment around you), can help shape a psychedelic experience as much as the drug itself.
- Use around people you trust & somewhere you feel safe. Have a sober or experienced safe person with you (trip sitter).
- Wait a minimum of 30 minutes after eating.
- Be seated, especially with higher doses due to the effects on coordination.
- Common doses of ketamine can range from 15 to 300mg. Because of this huge variation, if it's your first time using, start with a very small amount to gauge strength and assess your sensitivity.
- If redosing, wait at least 2 hours.

WHEN SNORTING

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

WHEN SHELIVING (DRY) / PLUGGING (WET MIX)

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