

Ketamine + cocaine



This is a popular drug combination, but it is much **safer to avoid using these together** to reduce the risk



Using these drugs together puts a **strain on your heart** by increasing your blood pressure



If you're going to combine them, **know your tolerance** to each and **don't overdo it**



Avoid using alcohol on top as this can increase the risk

Ketamine + alcohol



This is a popular combination, but the **risks are not fully understood**



Combining the two greatly increases the risk of **passing out, vomiting, an overwhelming state of confusion, and can put you in a vulnerable state.**



It is often described as an **unpleasant experience**



When taking one, your **tolerance for the other will reduce** - try to **avoid using them together or use considerably less than normal**

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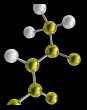
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What is ketamine?



A **dissociative drug** which can have **hallucinogenic properties** when taken in high doses.



It's most commonly sold as a **white crystalline powder**, or small/large **shards**, but it can also come as a **crystal rock** or a **clear liquid**.



Its effects last about **60-120 minutes** if snorted, but can last for **longer if swallowed**



It can make you feel **relaxed, euphoric, calm**, and can **relieve pain**



It can cause **slurred speech, loss of motor function, confusion**, and **nausea**

Signs of an Overdose



Unresponsive or **semi responsive** to questions- may be **unable to communicate**



Pupils may be extremely **constricted** or **dilated**



Unregulated breathing

Reducing the risks



Stay low, go slow - use a **small amount** and **wait** before redosing. It's easy to overdose it.



Avoid using daily - tolerance builds up quickly so **give yourself breaks** to give yourself time to recover (and save you money)



Know your **environment** - be in a **safe place with people you trust**



Make sure anything you use to snort or sniff off is **clean**, and **don't share equipment**.



Keep your **nose clean** and **rinse out** after a sesh to avoid damage



Look out for your friends - if they're in a state keep them safe



Test your drugs - knowing what's in them is the best way to reduce risk. There is an online website called "**wedinos**" which can do this for you



Be wary of using ketamine to **self medicate** - coping with mental health issues can be tough, but using illicit drugs to cope can **lead to further issues**



Sip plenty of water, throughout the night to flush ketamine out of the bladder

What's a k-hole?



A **hallucinatory experience** which causes an intense **detachment from reality**.



It can cause **vivid and uncomfortable** hallucinations and people can often be **unresponsive to their environment**.



If someone goes into a k-hole, put them in the **recovery position** and **make sure they are breathing**. Try to **keep them awake**. Keep them safe and keep them from vomiting.



If in doubt, play it safe and **call 999**.

What's K bladder?



Regular use of ketamine can **damage your bladder**. The effects can be permanent.



To avoid this, try to have **more days off than on** in every week, and **use smaller amounts**.



Symptoms include **stomach cramps, abdominal pain, frequently urinating, being in pain when urinating, and blood in urine**.



Any of these symptoms are **warning signs to stop** your ketamine use, or at least **take a prolonged break**.