

Do you know what you are taking?



Look after yourself. Look out for your friends.

Ketamine (K):

It's safer not to use but if you do remember:

- Avoid alcohol and other drugs
- Mixing drugs and alcohol can increase the risk of unwanted side effects such as stomach cramps (K belly) and damage to the kidneys (K bladder)
- Stay well hydrated by drinking water

Stay safe:

- Stay with trusted friends
- Avoid risky situations
- Don't use in unfamiliar surroundings
- When buying always know your source
- Plan session in advance
- Test dose a new batch
- Begin with a low dose as effects depend on your own tolerance and weight
- Ketamine can be cut with other drugs that take effect more slowly
- Wait 60-90 minutes before using more

Look after yourself:

- Grind any crystals into a powder
- Always use your own straw
- Eat properly and drink plenty of water after a session
- Have regular sleep after sessions
- Wait 4 weeks between session

Ketamine can cause physical and psychological unwanted side effects.

If you have physical or mental health problems such as epilepsy, heart problems, asthma, depression, panic or anxiety attacks use is more risky. You are advised not to use.

It's always safer not to use illegal drugs.