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

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

Look after yourself:

- Grind any crystals into a powder as this reduces the risk of K bladder
- Always use your own straw
- Eat properly and drink plenty of water after a

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.

such as stomach cramps (K belly) and damage to the kidneys (K bladder)

- Stay well hydrated by drinking water
- - 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

- session
- Have regular sleep after sessions
- Wait 4 weeks between session

It's always safer not to use illegal drugs.

Union of Students in Ireland Aontas na Mac Léinn in Éirinn For more information RUG **Drug and Alcohol Information and Support**

HSE Drug/Alcohol helpline Freephone: 1800 459 459 9.30 - 5.30 Monday - Friday Email support: helpline@hse.ie

Feidhmeannacht na Seirbhíse Sláinte **Health Service Executive**