

# 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 as this reduces the risk of K bladder
- 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.**