



# KETAMINE

k, special k, vitamin k

## What is Ketamine

- Ketamine belongs to a class of drugs called "dissociative anesthetics", which separate perception from sensation. Other drugs in this category include PCP, DXM and nitrous oxide.
- Ketamine hydrochloride was originally created for use as a human anesthetic, and is still used as a general anesthetic for children, persons of poor health, and by veterinarians.
- Other names include "K", "Special K", and "kitty".
- Ketamine is a Schedule 3 controlled substance.

## How is Ketamine used?

- Ketamine is usually cooked into a white powder for snorting or oral consumption, but in its liquid form is also occasionally injected into muscle, never into a vein.
- When injected, the effects are felt immediately and much more intensely.
- Snorting and injecting anything increase your risk for HIV and Hep C transmission, therefore users should never share straws, spoons, or needles.

## What are the effects of Ketamine?

- At lower doses it has a mild, trance-like feeling similar to nitrous oxide. Users often report an 'out of body' experience. Numbness in the extremities is also common.
- Higher doses produce a hallucinogenic or dissociative effects, and may cause the user to feel very far away from their body.
- This experience is often referred to as entering a "K-hole" and has been compared to a near death experience with sensations of rising above one's body. Many users find the experience spiritually significant, while others find it frightening.
- While in a K-hole it is very difficult to move. People usually remain seated or lying down during the experience.
- The duration of Ketamine effects depends on the route of administration: injecting 45 minutes, snorting 60 minutes, and orally 2 hours.
- Some people become nauseous after taking ketamine.
- While low doses of ketamine can increase heart-rate, at higher doses it depresses consciousness and breathing and is extremely dangerous to combine with downers like alcohol, Valium or GHB.
- Frequent use can cause disruptions in consciousness and lead to neuroses or other mental disorders.

## Is Ketamine addictive?

- Ketamine can cause a tremendous psychological dependence. There are many documented cases of ketamine addiction.

## What is the dosage of Ketamine?

Every individual reacts differently to every chemical, This information is intended to describe the range of dosages others report using and it should not be construed as a recommendation of any sort. Individuals can respond very differently to the same dosage. What is safe for one can be deadly for another.

- Most people snort small lines or "bumps". The effect comes on within 5 to 10 minutes.
- 100mg is usually enough to enter a dissociative state (a "K-hole").
- If liquid is injected into the muscle, effects can be felt within four minutes.
- If swallowed, the effects come on in 10 - 20 minutes.

## Harm Reduction Tips for Ketamine

- Ketamine has been sold in a tablet or capsule as "ecstasy" or "molly", although it is nothing like MDMA. Reagent color reactions for ketamine are depicted below:

Marquis	Mecke	Mandelin
---------	-------	----------

- Mixing with alcohol can cause vertigo, nausea, and a rapid spinning feeling.
- Individuals have died after injecting or snorting large amounts of ketamine and falling forward on to a pillow or bag causing asphyxiation. Never use Ketamine without a sober sitter.
- A recovery position should be applied in cases when someone is unconscious and are having a difficult with breathing or choking.
- Many people have injured themselves by falling over after Ketamine use.

## What if somebody is having a difficult experience?

- As with all psychedelics, "set" and "setting" are extremely important. "Set" is the mental state a person brings to the experience - their thoughts, mood and expectations. "Setting" is the physical and social environment in which the drug is being consumed. By making sure that a person is in a good mental state and supportive location before Ketamine is used, the risk of 'bad trips' or accidents/injuries can be greatly mitigated.
- Take the person to quiet surroundings where they feel comfortable.