

CRANSTOUN
Harm Reduction

Ketamine



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Physical harms

- Ket typically causes two different types of urinary issues. Pain while weeing (ketamine cystitis) is a sign of damage to the cells in the urethra (your 'pee tube'). This usually heals within a week of not using. Bladder thickening is the build-up of scar tissue on the inside wall of the bladder, shrinking it and preventing it from expanding normally, meaning it can't hold the same volume of liquid it used to, making you pee more often. Short term irritation will also make you pee more often but this will pass if you take a break from using.
- There are two types of K cramps: sternum pain = gall bladder bile duct dilation, abdomen pain = stomach acidity. K cramps can occur when using multiple grams daily. A glass of kefir yoghurt or an apple cider vinegar shot can help alleviate abdomen pain.
- Spit your drip - anything you don't swallow won't be processed by your stomach, bladder & kidneys. Doing this can help avoid K cramps.
- Nasal damage – regularly snorting powders will erode your nose over time. Cook your ket or crush the crystals thoroughly to a flour-like consistency. Crushing it with just a card is not enough. Alternate nostrils and wash your nose out with a saline spray or neti pot after a session.

Dosage & use patterns

- Big lines are too much powder for your nose to absorb, wasting some of your drugs. If you have a high tolerance and like big lines, try splitting it up into two or three and spacing them a few minutes apart. You will need less and you are less likely to spin out.
- The longer gaps you leave between doses, the more you'll enjoy it. Limit yourself to a dose every hour or two hours. Some people can forget - try setting a timer on your phone if you need help remembering.

Mental health

- Avoid using alone. Avoid using ketamine to treat depression or anxiety. Recreational use will often make these issues worse in the long run.
- Be aware that ketamine binges or high doses can lead to spin outs and catastrophising – a feeling that everything in life is going horribly wrong. These thoughts are temporary and will pass.

Combinations

- Alcohol and ketamine makes you feel very sick and prone to vomiting. It is a common reason for needing to visit welfare or ending your night early. Avoid taking ketamine if have been drinking, but if you do, make sure to space them out as much as possible.
- Try to avoid mixing cocaine & ketamine, or space them out as much as possible. Keep them on separate surfaces to prevent accidents.

Practical advice

- **Avoid sharing snorting equipment to prevent passing on illnesses & viruses.**
- **Don't sniff random amounts out of a baggy or wrap on a dark dancefloor. Sit down with some light.**
- **Using proper snorties rather than key bumps can help reduce damage to lower nasal tissue (which doesn't absorb drugs anyway).**
- **Remember to eat healthy food, stay hydrated & sleep properly. Buy some necessities (e.g. food) before starting a binge.**
- **Regularly drink hot liquids to help your body recover faster.**
- **Do not drive. It is easy not to realise quite how impaired your coordination is. Be careful not to hurt yourself with falls & stumbles.**
- **See a doctor if your urinary symptoms don't ease off after two weeks of not using.**