

The background of the slide features a stylized, low-poly illustration of three people's faces in profile, smiling. The illustration is composed of various shades of purple, pink, and orange, creating a warm and positive atmosphere. The faces are layered, with one in the foreground and two slightly behind it.

# **UNDERSTANDING CHEMS & STAYING SAFE**

## **KETAMINE**

# KETAMINE

- Anaesthetic, antidepressant, anti-inflammatory & psychoactive effects
- White powder/tablets, sometimes colourless, odourless & tasteless liquid
- **Street names:** K, Special K, Vitamin K, Ket, bump of K, Kiddy/Techno smack
- No known antidote

# KETAMINE

- **Use:** mixed with non-alcoh. drinks; snorted; swallowed; mixed with water & injected into muscles; rectally (“plugging”)
- **Effect lasts:** 45-90 min if snorted, up to 3h if swallowed/injected
- Often used together with other chems

# Effects

- Euphoria & happiness
- Detachment, floating & relaxation
- Sexual arousal & disinhibition

# Unwanted effects

- Urinary tract dysfunction
- Difficulties in erection & ejaculation
- Dizziness, nausea & vomiting
- Extreme dissociation, panic attacks
- Bad trips with hallucinations

## Long-term use

- Psychological dependence & craving
- Painful urination & kidney dysfunction
- K-cramps - intense abdominal pain
- Psychotic disorders
- Memory and learning problems

# Mixing with

- Alcohol or G is quite dangerous → respiratory & heart dysfunction
- Crystal meth, cocaine, ecstasy → harmful heartbeat increase & confusion

# K-hole

- A comatose condition, with dissociation
- Often ends without further problems
- Risk of sexual assault and accidents

# Signs

- Blurred vision; intense hallucinations
- Feeling detached from one's body
- Feeling that death is imminent

# Comedown

- Feeling down & anxious
- Memory loss
- Flashbacks, hallucinations

# Withdrawal symptoms

- Anxiety
- Sweating
- Nightmares
- Depression



# K- hole harm reduction

- Move the person to a quiet, low-light space
- Stay alert if it lasts >90 min or breathing difficulty
- Call an ambulance if they don't wake up
- Tell medical staff what was taken
- If seeking out a K-hole: use only in a safe place, sit or lie down

# Harm reduction

- Don't confuse with other powders or tablets
- Start low and go slow
- Don't mix with depressants & stimulants
- Avoid injecting in veins
- Keeping an eye out for injuries
- Avoid taking alone
- Inform before surgery for correct anaesthesia

Content is shortened for Instagram

For full information, see

**AIDS Action Europe's**

***Harm reduction in the context of  
chemsex: training manual***