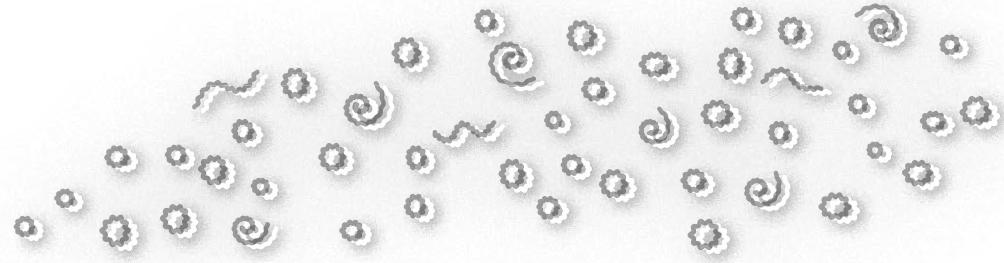


# ★ Ketamine



## What is Ketamine?

Ketamine is a dissociative anaesthetic with hallucinogenic properties. At lower doses, ketamine can provide a trance-like warmth. At higher doses, it can induce hallucinations and dissociation, sometimes leading to what some call a 'K-hole', where you may feel disconnected from your body.

## What are its effects?

### DESIRED EFFECTS

distorted perception ♦ out-of-body feeling ♦ euphoria ♦ calmness ♦ serenity ♦ numbness ♦ bodily heaviness

### SIDE EFFECTS

confusion ♦ memory impairment ♦ increased heart rate ♦ double vision

### EMERGENCY SCENARIOS

bladder crystals ♦ trouble peeing ♦ psychological distress ♦ long-term depersonalisation

# Usage

## DOSAGE

THRESHOLD	10 mg
LIGHT	10–30 mg
COMMON	30–75 mg
STRONG	75–150 mg
HEAVY	150+ mg

## LENGTHS

ONSET	10–20 minutes
DURATION	30–90 minutes
AFTER-EFFECTS	2–12 hours

# Need to know

- ! Combining ketamine with other 'downers' depresses the central nervous system and can cause vomiting, loss of consciousness, and death. Examples of these are alcohol, GHB/GBL, opioids, tramadol, or benzodiazepines.
- ! It's easy to injure yourself on ketamine without realising, due to its anaesthetic properties. Stay in one place on higher doses and never drive or cycle.
- ! While some seek out a K-hole for the dissociative experience, it can also happen accidentally. If you enter a K-hole, do not panic. It will pass.
- ! Chronic heavy use of ketamine (2+ sessions/ week) can cause bladder crystals and trouble peeing.
- ! If you use ketamine regularly, you can build a tolerance. Be careful if someone asks you to measure out a dose for them and remember that your tolerance may differ quite a lot. Start low and wait to see the effects. You can always redose again later.