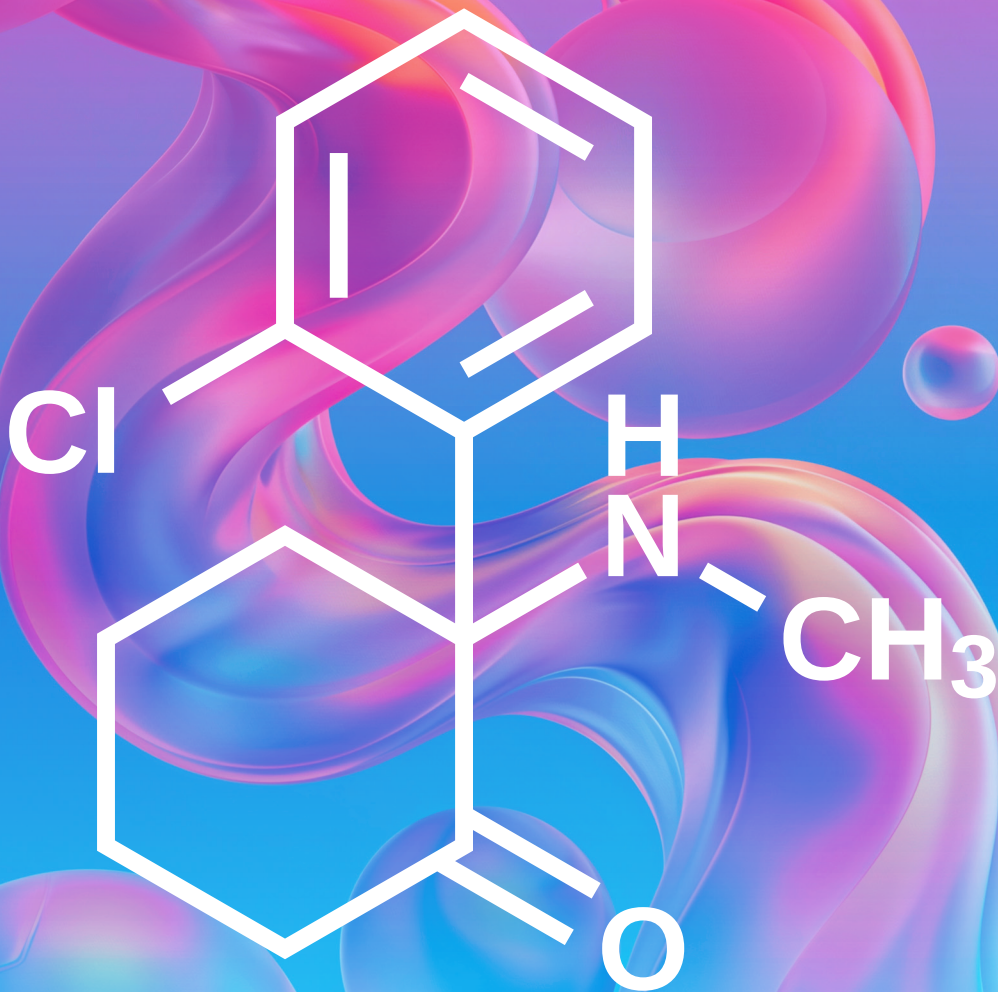




Ketamine Harm Reduction Guide

How to contact us

📞 **01226 779066** brs.referrals@waythrough.org.uk

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Ketamine is a dissociative anaesthetic used medically and recreationally. It can have pleasurable effects, but it also carries risks.

This guide provides harm reduction tips to help reduce potential harm associated with Ketamine use.

Understanding Ketamine

- Ketamine is a dissociative drug that can alter perception, cause hallucinations, and affect motor function.
- It comes in powder and liquid forms and can be snorted, injected, or taken orally.
- Effects vary depending on dosage, the setting it's used in, and individual tolerance.

Safer Use

Start low, go slow

Begin with a small dose, especially if you're unsure of strength or purity.

Test your substance

Use reagent test kits to check for adulterants.

Avoid mixing

Combining Ketamine with alcohol, opioids like heroin, or other depressant drugs such as GHB or benzodiazepines increases the risk of respiratory depression and unconsciousness.

Stay hydrated & nourished

Ketamine can suppress appetite and thirst, so drink water and eat nutritious food.

Use in a safe environment

Be in a familiar place with trusted people. Avoid using in dangerous settings where loss of co-ordination may lead to injury.

Have a sober friend

Someone who can help if needed, especially if you become disoriented.

Know your limits

Frequent use can increase tolerance and lead to dependence or bladder issues.

Understanding Risks & Side Effects

Short-Term Effects

Dissociation, hallucinations, impaired coordination, nausea, confusion.

Long-Term Risks

Bladder damage (Ketamine Bladder Syndrome), memory problems, dependence, mental health issues.

Overdose Signs

Unconsciousness, slowed breathing, inability to respond.
Seek medical help immediately if someone is unresponsive.



Managing Bladder Pain & Ket Cramps

Avoid baths

People have drowned when bathing whilst under the influence of Ketamine.

Stay hydrated

Drink plenty of water to help flush toxins from your bladder.

Avoid irritants

Reduce intake of acidic, caffeinated, and alcoholic drinks, which can make bladder discomfort worse.

Take breaks from use

Regular breaks from Ketamine can help reduce the risk of developing bladder issues.

Pelvic floor exercises

Strengthening the pelvic muscles may help mitigate some bladder-related issues.

Pain management

If experiencing severe discomfort, use over-the-counter anti-inflammatory medications and seek medical advice.

Gentle movement & stretching

To relieve cramps, try light stretching or massage to ease muscle tension.

Aftercare & Mental Health

- Give yourself time to recover after use, drink water, and rest.
- If experiencing persistent bladder pain or mental health changes, seek medical advice.
- If Ketamine use is becoming problematic, support is available.



Scan QR code
for further support

Emergency Response

- If someone is unconscious or not breathing, call emergency services immediately.
- Place them in the recovery position to prevent choking.
- Do not leave them alone.

**You don't have to go
through this alone...**

**We're here to
support you.**

Barnsley Recovery Steps

is an integrated drug and alcohol recovery service for Barnsley.

Our aim is to help as many people as possible to recover and be free from drug and alcohol dependency, and to reduce the harm that is caused to individuals, families and communities.

We provide a service open to all.

We treat everyone with respect and ask that anyone accessing support does the same.

Barnsley Recovery Steps service is delivered by Waythrough on behalf of Barnsley Council.

Hub Addresses

Barnsley Recovery Steps

5-6 Burleigh Court,
Burleigh Street, S70 1XY

The Recovery Hub

McLintocks Business Centre, Crookes
Street Entrance, Barnsley S70 6BX

Criminal Justice, SPACE, and IPS

McLintocks Business Centre,
Summer Lane Entrance,
Barnsley S70 2NZ

Goldthorpe

The Factory,
1 Barnburgh Lane,
S63 9PG

Opening Times

Mon, Tue, Wed & Fri 9am – 5pm
Thu 9am – 7pm

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