

KETAMINE

What is Ketamine?

What Is Ketamine?

Ketamine is a dissociative aesthetic that was originally developed in the 1960s for medical use in surgery and pain management. In recent years, it's also been explored as a treatment for certain mental health conditions, particularly **depression** and **PTSD**.

What does it look like?

Similar to cocaine

Appearance: White or off-white powder

- **Texture:** Fine, similar to cocaine or baking soda
- **Use:** Typically snorted, swallowed, or sometimes dissolved and injected (dangerous and illegal)

2. Crystals

- **Appearance:** Off-white to transparent crystals
- **Use:** Crushed into powder or dissolved

Potential Side Effects

- Dissociation ("out of body" feeling)
- Drowsiness or fatigue
- Increased blood pressure or heart rate
- Nausea or vomiting
- Headache
- Confusion or dizziness
- Risk of dependence (with frequent or recreational use)

Recreational Use and Abuse

- Sometimes used recreationally for its dissociative and hallucinogenic effects ("Special K")
- High doses or frequent use can lead to:
- Cognitive issues
- Bladder damage ("ketamine bladder")
- Dependence and addiction

Harm Reduction Tips, If You Choose to Use:

Start Low, Go Slow

- **Dosage matters.** Ketamine has a steep dose-response curve.
- A **light dose** (10–30 mg intranasally) may cause mild effects.
- A **higher dose** (50–100+ mg) can cause full dissociation or a "K-hole."
- **Always wait 30–60 minutes** before redosing.
- Should not be used the same way as cocaine. Little bumps are the way to go.



