

## Ketamine Harm Reduction

### 1. Ketamine harm reduction equipment:



*Mortar and pestle* to grind ketamine crystal for snorting

*Scales (0.000)* to allow for accurate dose management and tolerance monitoring

*Tooter (red capped powder drugs dispenser)* supports use of 'ket bumps' in club setting, dose management and reduces risk of exposure to Hepatitis C  
*Water* – remaining hydrated is key to reducing negative impacts of ketamine leaving the body

*Stop Watch (or other timing devices)* to keep accurate measurement of gaps between doses helping to manage impact of short-term memory loss on dose management and avoiding dose stacking

*Needle exchange* – a small but significant population inject ketamine mostly common intramuscularly but also some by intravenous injection. Access to needle and syringe programmes also provides access to a range of other services for injectors

*Tooters* – coloured plastic straws or personal tooters to reduce risk of sharing equipment during intranasal use of ketamine

*Vitamin E Oil capsules* – at end of session flush out nose with water and administer vitamin oil with clean finger by piercing capsule.



## 2. Ketamine harm reduction tweets:

**Ket HR Tip 1:** Snorters – grind crystal with pestle & mortar – cooking up degrades quality & adds bacteria

**Ket HR Tip 2:** Injectors should dissolve crystal directly in water in spoon. IM gives gentler onset

**Ket HR Tip 3:** Ket doses usually a quarter of cocaine doses. Use scales (0.000) to regulate your dose

**Ket HR Tip 4:** High doses & no breaks = high tolerance = high cost, poor effect & risk of dependency

**Ket HR Tip 5:** High dose frequent using & not drinking water during & after ket use = risks fucked bladder

**Ket HR Tip 6:** Short term memory loss = barrier to dose mgt. Egg timer helps regulate breaks between doses.

**Ket HR Tip 7:** Pissing very frequently blood in urine or bladder pain – seek medical help & stop ket use

**Ket HR Tip 8:** Chronic bladder damage = life changing & requires full abstinence. Seek help early

**Ket HR Tip 9:** Someone in k-hole – keep airways open & space safe. Let them come round in their own time

**Ket HR Tip 10:** Ket called wobble for a reason. Move hard or sharp objects out of your using space