

Ketamine



Contact Us

Please contact us for further information.

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Everyone Makes a Mark

What is Ketamine?

Ketamine is a powerful dissociative anesthetic that acts as a sedative and can also have hallucinogenic properties. It was originally developed and legally manufactured as a surgical anesthetic, often used by veterinarians.

However, it is increasingly being used for non-medical, recreational purposes as a “club drug”. Recreational use in clubs and raves has been on the rise over the past 10 years.

What does it look like?

Ketamine is usually found in pill form, but it can also be available as a powder, liquid, tablet, capsule or crystals. Ketamine is otherwise known as;

- Bump
- Kit Kat
- Special K
- Jet
- “K”
- Cat Valium
- Vitamin K

Who uses it?

- Legally available only to medical doctors and veterinarians
- Illicit use primarily among young people (18-24), at nightclubs, raves and all-night dance parties
- In 2011, 1.3% of Ontario high school students reported any lifetime use of ketamine (down from 2.2% in 1999), and 0.9% reported using it within the past year.
- Ketamine has been found in 1.1% of youth sexual assault cases – this is probably an underestimate as many victims are never tested for illicit substances

What are the effects?

Ketamine use can be highly dangerous when combined with other drugs and can result in overdose requiring immediate medical attention.

Short term:

- Floating, out-of-body sensations
- Nausea
- Vomiting
- Dizziness
- Twitches and spasms

Long term:

- Cognitive impairment
- Memory loss
- Impaired verbal skills
- Paranoia
- Panic attacks
- Depression

How can I get help?

- Ketamine is not thought to be physically addicting and lacks a clear withdrawal syndrome, but psychological dependence and tolerance develop with chronic, heavy use.
- Treatment can include any of the recognized efficacious interventions for substance abuse, including:
 - Cognitive-behavioral therapy (CBT)
 - 12-Step programs
 - Relapse prevention support
 - Medication