

## Ketamine

**Street Name:** K, special K, cereal

**Chemical Name:** Ketamine hydrochloride

**Routes Of Administration:** For the most part, users inhale dehydrated ketamine in small doses known as "bumps". It is frequently inhaled with a "bullet," a special inhaler used for powdered drugs.

**Effects:** Similar to PCP (phencyclidine, aka "angel dust") and nitrous oxide (laughing gas). As a dissociative, the drug anaesthetizes by dissociating the mind from the body--as a result, it tends to create out-of-body experiences at recreational doses.

**Risks:** Ketamine can also lead to seizures. There is no way to predict who may or may not be affected this way.

In the context of a club or dance event, a recreational dose of ketamine is likely to make you feel somewhat euphoric--and the right amount can send you on a trip, where light and music become particularly intense. Your feet may feel a bit heavy, and dancing might become a bit awkward--even though you have a great deal of energy. There is a tendency to have a very tight focus--attending only to that which is directly in front of you.

Some people experience panic and fear as the ketamine starts working. If you start to feel anxious, grab a friend or stranger and ask them to keep an eye on you. You might need help dealing with the effects.

How does it affect you after you use it? Most users report day-after effects of moderate depression, anxiety, and occasionally headache. "Special K" causes an increase in dopamine transmission and at any given time, you only have so much dopamine stored up in your body. Once your body's stores are used up, it'll take time for these stores to be replenished. In the meantime, you'll likely feel depressed and anxious.

Short-term Risks? K-Hole: In terms of recreational use, the most problematic acute risk associated with Special K is doing too much at once, moving from a recreational dose to an anesthetic dose, and ending up in a K-hole. The experience can be quite frightening if you are alone or are unprepared for it--the dissociative quality of this drug will leave you feeling confused, disoriented, and unable to communicate with others.