



GET THE FACTS ON KETAMINE

What is ketamine?

Ketamine has many uses, both legal and illegal. Ketamine has been known as a party drug or a “date rape” drug. It is an FDA-approved analgesic and has been used to control pain, but ketamine is not an opioid. It is now being studied as a mental health treatment option for depression and Substance Use Disorder. As a recreational substance, it is used as a hallucinogen, causing a person to feel disconnected from reality.

How is ketamine used?

Ketamine can be inhaled or snorted through the nose as a powder or swallowed as a tablet.

How does ketamine affect the body?

Ketamine affects each person differently. It can make you feel happy, relaxed, detached from reality, confused and can cause hallucinations. The hallucinations may also lead to “out-of-body” experiences.

Signs of potential overdose:

- Feeling sick and/or throwing up
- Confusion
- Seizures
- Loss of consciousness
- Heightened blood pressure
- Chest pain
- Abnormal heartbeat
- Loss of muscle control
- Hallucinations
- Extreme tiredness

Ketamine overdose can be fatal, although death from ketamine poisoning alone is rare. Because ketamine can cause loss of muscle control, if someone taking ketamine starts throwing up, they may choke on their vomit. Accidents and injuries related to the effects of ketamine may also result in injuries and life-threatening consequences.





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Ketamine and naloxone:

Remember that substances are frequently mixed with opioids. If you think someone has overdosed on ketamine or opioids, give them naloxone, call 911 and give them rescue breaths. It is safe to give naloxone even if you are not sure if it is an opioid overdose. Naloxone only works for opioid overdoses, so *it will not hurt someone who is not experiencing an overdose.*

Safety tips:

- Never use alone
- Carry naloxone
- Use in a safe location
- Use with someone you trust
- Do a test dose and start slow

How to help someone who has overdosed:

- Call 911 immediately
- Give naloxone*
- Give rescue breaths

*Naloxone does not stop an overdose of ketamine, but an overdose may happen after mixing drugs. *Naloxone will reverse the effects of opioids.*

Health or substance use disorders services:

- Community Health Centers: MO-PCA.org/find-a-health-center
- SUD Treatment Centers: NoMoDeaths.com/get-treatment

For more information, visit:

- StaySafe: MoStaysSafe.com
- NoMO Deaths: NoMoDeaths.com



MoStaysSafe.com



Time2ActMissouri.com