

## Experiencing problems...what can help?

If you have urinary tract symptoms, bladder or kidney pain, talk your GP – you may also need a referral to the Urology Department.

Ask DHI about support with a detox plan.

Ear acupuncture can be really helpful with anxiety, pain and health problems. This is available at the Beehive.

There are also many other activities that can give your life structure and satisfaction, and may be critical to getting off and staying off ketamine. DHI also runs activities such as gardening, fishing and cookery.

DHI can also support you to access other services which can help, with issues such as housing and employment.

Blood borne virus testing and vaccinations are also offered at DHI, from a specialist nurse.



## Help & Support

**DHI** is the initial point of access into Bath & North East Somerset drug and alcohol services.

You can simply walk-in or telephone for an initial assessment.

**Tel. 01225 329 411**

DHI, The Beehive  
Beehive Yard  
Walcot Street  
Bath BA1 5BD

DHI Midsomer Norton  
The Hub, High Street,  
Midsomer Norton, BA3 2DP

Project 28 is the Young People's service for people aged 18 or under and can be contacted through DHI on 01225 329 411

# KETAMINE



What else is  
Down the K hole?

## Are you experiencing problems?

If you are using Ketamine do you recognise any of the following:

- Pain on passing urine
- Needing to urinate urgently and often
- Depression or increased levels of anxiety on days when not using ketamine.

If so then contact DHI who will be able to help with support and planning around reducing and stopping ketamine use.

Let your GP know if you are having any physical symptoms from ketamine use. You may need a referral to the urology department. Staff in this department are aware of the problems caused by ketamine and can help if need be.

**For help and support: call DHI on  
01225 329 411**

## Harm Reduction around Ketamine

Avoid vulnerable situations: when taking ketamine stay in the company of people that you trust.

Don't mix ketamine with other drugs. Mixing with alcohol can induce nausea and vomiting.

K Cramps are a sign that ketamine is likely to be causing damage. Stop using ketamine if you have abdominal cramps. Avoid bathing to soothe cramps as there is a danger of unconsciousness and drowning.

Urinary Tract Symptoms: Stay hydrated with water. If you get pain when passing urine or have to go more often than usual then it is important that you seek medical help.

Avoid Blood borne viruses. Don't share snorting tubes as these can spread viral Hepatitis, including Hepatitis C and Hepatitis B. Injecting significantly increases the risks. If you are injecting then make sure you're getting clean equipment from a pharmacy or needle exchange (available through DHI). These are free services.

## Detox Guidelines

Talk to your GP or to DHI – we can help you plan a detox.

Try to cut back gradually, allowing your body to adjust. Try to use less ketamine each time you use and try to take the drug less frequently. Start using later in the day and have days when you do not use at all. Once you have done this select a particular day to stop. It's good to be clear in your determination to stop: it will help you to prevent relapse.

Work on the specific symptoms that you have. Talk to your GP or to a pharmacist about treatment for pain and withdrawal symptoms. Eat well and drink plenty of water.

Anxiety and sleep problems may be treated with complementary therapies . You could discuss these with your GP or DHI.

Allow for plenty of time to sleep in the first few days of detox. Re-establish a healthy sleep pattern.

Low motivation and low mood is normal in days after detox. Routine, structure and exercise are very important. The things that you spend your time doing at this stage are an investment in preventing relapse. Contact DHI for help with this.

Plan meaningful and enjoyable activities to stimulate and reinforce positive progress...you are doing well so long as you are not relapsing.