

It is a very powerful and complex drug, an anaesthetic with analgesic, stimulant and psychedelic properties. Ketamine is a dissociative anaesthetic. Users feel detached and remote from their immediate environment. They say that under its influence, they assume a different point of view, outside of body and self.

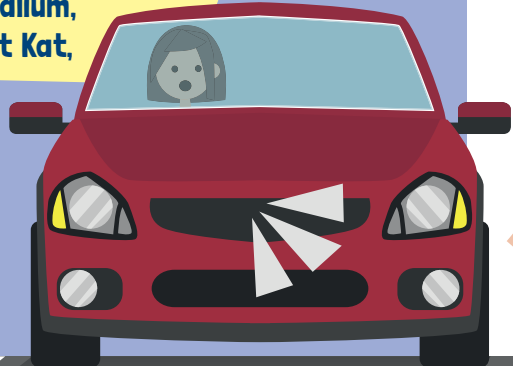
It is usually a grainy white powder which can be snorted but may also be obtained in tablet form or can be injected as a liquid. Ketamine is a prescription only drug. It has emerged as a mainstream club drug since the early 1990s.

Effects

- Kicks in after 15–30 minutes (immediate if injected) and last for up to 3 hours
- Kills pain and alters perception
- Makes users feel detached from themselves and others around them
- Creates 'out of body' and hallucinatory experiences followed by numbness and strange muscle movements
- Can cause nausea and vomiting
- Gives feelings of increased energy and euphoria
- Makes users feel physically unable to move
- Is like LSD. The effects of Ketamine are influenced by the user's mood and environment.

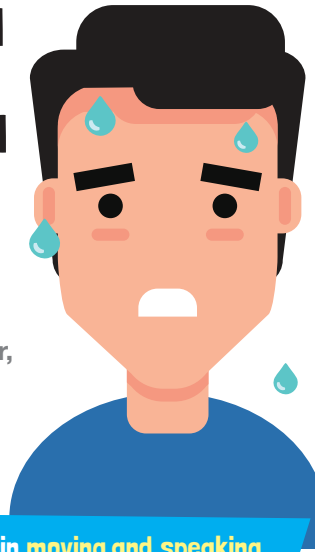
It's also known as:

Special K, Calvin Klein, Vitamin K, Black Hole, Cat Valium, Green, K-Hole, Kit Kat, Psychedelic Heroin, Super Acid, Purple.



“ When I realised that having my bladder removed was the only option, it was devastating! ”

21 year old Ketamine user, using for just 4 years.



The Risks!

- Blurred vision and difficulty in moving and speaking creating significant vulnerability in the user
- Risk of injury as users don't feel any pain
- Large doses can lead to breathing difficulties an even heart failure
- Causes panic attacks and depression and in larger doses it can exaggerate pre-existing mental health problems
- Tablets are sometimes passed off as Ecstasy - real risks not clear to user
- Bladder problems can develop which irreversibly damage the lining of the bladder resulting in bladder removal even amongst young people
- Death - very often as a result of loss of coordination or control e.g. jumping from heights, road traffic accidents and drowning
- This drug is even more dangerous when mixed with other drugs or alcohol.



Ketamine is a Class B drug

Sbotolau ar Gyffur CETAMIN....

Cyffur anesthetig yw cetamin sydd wedi'i ddefnyddio ar gyfer llawdriniaethau ar bobl ac anifeiliaid.



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Mae'n gyffur pwerus a chymhleth iawn. Mae'n anesthetig â phriodweddau poenleddfu, symbylu a seicedelig. Mae cetamin yn anesthetig datgysylltiol: mae defnyddwyr yn teimlo ar wahân i'w hamgylchedd uniongyrchol ac yn bell ohono. O dan ei ddylanwad, maen nhw'n dweud eu bod nhw'n cymryd safbwynt gwahanol, y tu allan i'w cyrff a'u hunain.

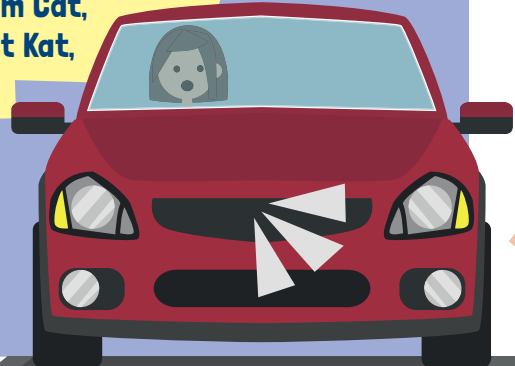
Fel arfer, powdwr gwyn graenog y gellir ei snwffian ydyw, ond gellir ei gael mewn ffurf tabled hefyd, neu ei chwistrellu fel hylif. Cyffur presgripsiwn yn unig yw cetamin. Mae cetamin wedi dod i'r amlwg fel cyffur clwb prif ffrwd ers y 1990au cynnar, ac wedi'i farchnata fel 'anterth cyflym hwyliog'.

Effeithiau

- Mae'n cychwyn cael effaith ar ôl 15–30 munud (yn syth os yw'n cael ei chwistrellu) ac yn para am hyd at 3 awr
- Lladd poen ac yn newid canfyddiad
- Gwneud i ddefnyddwyr deimlo'n ddatgysylltiedig ohonyn nhw'u hunain ac eraill o'u cwrpas
- Creu profiadau 'allan o'r corff' a rhithweledol wedi'u dilyn gan fferddod a symudiadau cyhyrol rhyfedd
- Gallu achosi cyfog a chwydu
- Rhoi teimladau o ewfforia ac egni cynyddol
- Gwneud i ddefnyddwyr deimlo nad ydynt yn medru symud
- Debyg i LSD. Mae effeithiau Cetamin yn cael eu dylanwadu gan amgylchedd a hwyliau'r defnyddiwr.

Fe'i gelwir hefyd yn:

Special K, Calvin Klein, Vitamin K, Black Hole, Faliwm Cat, Green, K-Hole, Kit Kat, Heroin Seicedelig, Super Acid, Purple.



“Torrais fy nghalon pan sylweddolais mai cael fy mhledren wedi'i thynnu oedd yr unig ddewis!”

Defnyddiwr cetamin 21 oed. Bu'n defnyddio'r cyffur am 4 blynedd yn unig.



Y Peryglon!

- **Golwg aneglur a thrafferth o ran symud a siarad** gan wneud y defnyddiwr yn agored i niwed
- **Perygl o anaf** gan nad yw defnyddwyr yn teimlo poen
- Gall dosau mawr arwain at **anawsterau anadlu** a hyd yn oed **methiant y galon**
- Mae'n achosi **pylliau o banig** ac iselder ysbryd ac mewn dosys mwy, gall **waethygu problemau iechyd meddwl sy'n bodoli eisioes**

• Weithiau, honnir mai Ecstasi yw'r tabledi - nid yw'r gwir beryglon yn eglur i'r defnyddiwr

• Gall **problemau pledren** ddatblygu sy'n medru difrodi leinin y bledren mewn modd na ellir ei wrthdroi gan arwain at **dynnu'r bledren** hyd yn oed ymysg pobl ifainc

• **Marwolaeth** - yn aml o ganlyniad i galli cydsymudiad neu reolaeth e.e. neidio o uchder, digwyddiadau traffig y ffordd a boddi

• Mae'r cyffur hwn **hyd yn oed yn fwy peryglus wrth ei gymysgu â chyffuriau eraill neu alcohol.**

Cyffur dosbarth B yw cetamin



Drugs in the spotlight KETAMINE....

Ketamine is an anaesthetic drug which has been used for operations on humans and animals.



2730-19 Dyluniwyd ac Agrafrwyd gan Agrafruffi HDC