



THE HIGH-WAY CODE

THE GUIDE TO SAFER, MORE ENJOYABLE DRUG USE

[KETAMINE]



WHAT IS IT?

The first guide to safer drug use voted for by people who take drugs.

HOW WAS IT DEVELOPED?

GDS asked loads of people who take drugs, as well as other experts, what strategies they thought would reduce the risk of harm when taking some commonly used drugs. As part of GDS2014, we asked people from around the world who had used those drugs in the last year to vote on these strategies. For each strategy we asked:

1. if they usually (i.e. more than 50% of the time) did it
2. to rate how important it is in reducing the risk of harm (10 being the max reduction of risk)
3. to tell us whether using that strategy increased, decreased or had no effect on the pleasure they got from the drug.

WHO DEVELOPED IT?

The guys and gals at Global Drug Survey—a nice bunch of smart people who know a bit about drugs and, with people's help everywhere, will continue to learn more and share what they find out.

ANYTHING ELSE?

Yep follow us on twitter @globaldrugsurvey @drugsmeter, like us on Facebook and check out our free apps the drinks meter: www.drinksmeter.com and the app stores, and the drugs meter: www.drugsmeter.com and google play store.

For more interesting info on drugs check out our drugs meter minutes videos on the Global Drug Survey YouTube channel. For suggestions on how to improve GDS, email: adam@globaldrugsurvey.com

KNOW YOUR DRUG EFFECT, THE DOSE, TIME TO ONSET, TIME TO PEAK AND HOW LONG IT LASTS



All drug effects are dose related. Usually the more drugs you take the stronger and longer lasting the effects (and the greater the risk of harm).

Because drug purity and potency varies so much you need to treat every new batch as a new drug. This means 'test dosing' each new batch. Knowing how strong your drug is can help you titrate (adjust/measure) how much you take so hopefully you get the effect you want and avoid overdosing. By knowing how long it takes for a drug to come on and how long it lasts, you reduce your risk of taking too much. People also vary widely

in how they respond to drugs and how much they need to take. Everyone has to find their own 'right dose'.

Not all drugs suit all people so if you get anxious or paranoid on a drug don't use it.

Remember being greedy is not good for you. Less is more.

Don't ever be worried about calling for an ambulance if you're worried about the state of a mate.

designed by: Off-White

GDS does not condone or promote the use of illegal drugs. GDS does promote the use of common sense when going about one's daily activities. Drugs and alcohol can be very dangerous. They

can kill you. Using drugs when you are young can have a lasting negative impact on your cognitive and emotional well-being. The only way to avoid to these harms is not to take drugs.

This document represents the views of those who responded to the GDS. Please note: no amount of planning and care can ensure you will have either a safe or enjoyable experience when you

take drugs. GDS is simply reporting the results of the survey which may provide some guidance in reducing the risk of harm only. The best way to avoid drug related harm is to not use drugs.

INTRODUCING THE GDS HIGH-WAY CODE

GDS knows pleasure drives drug use, not the avoidance of harm. As far as we know no guide has ever outlined the impact of harm reduction strategies on the pleasure users obtain from drugs... until now...

GLOBAL DRUG SURVEY

Ours is a simple premise: as with driving, there are things you need to know and 'rules' you should observe in order to get you to your destination safely. Being aware of these makes you much more likely to get to your planned destination in one piece and much less likely to cause harm to anyone around you.

Please share these findings, they really are important.

www.globaldrugsurvey.com

KETAMINE

OVER 4,500 USERS

With 1 in 4 users of K reporting urinary symptoms the most important thing GDS has to say is that if you are needing to urinate very frequently, get pain or burning when you wee, have pain in the lower abdomen or blood in urine—stop using K immediately and go see your doctor. K can cause irreversible bladder damage. The sooner you stop, the quicker and more likely your bladder will recover.

Usual dose

Time to onset

Time to peak

Duration of action

50–100 mg (snorted)

5–10 min

15–30 min

1–2 hrs

HOW TO READ THE HIGH-WAY CODE

This number indicates the percentage of people who told GDS they usually follow the strategy.

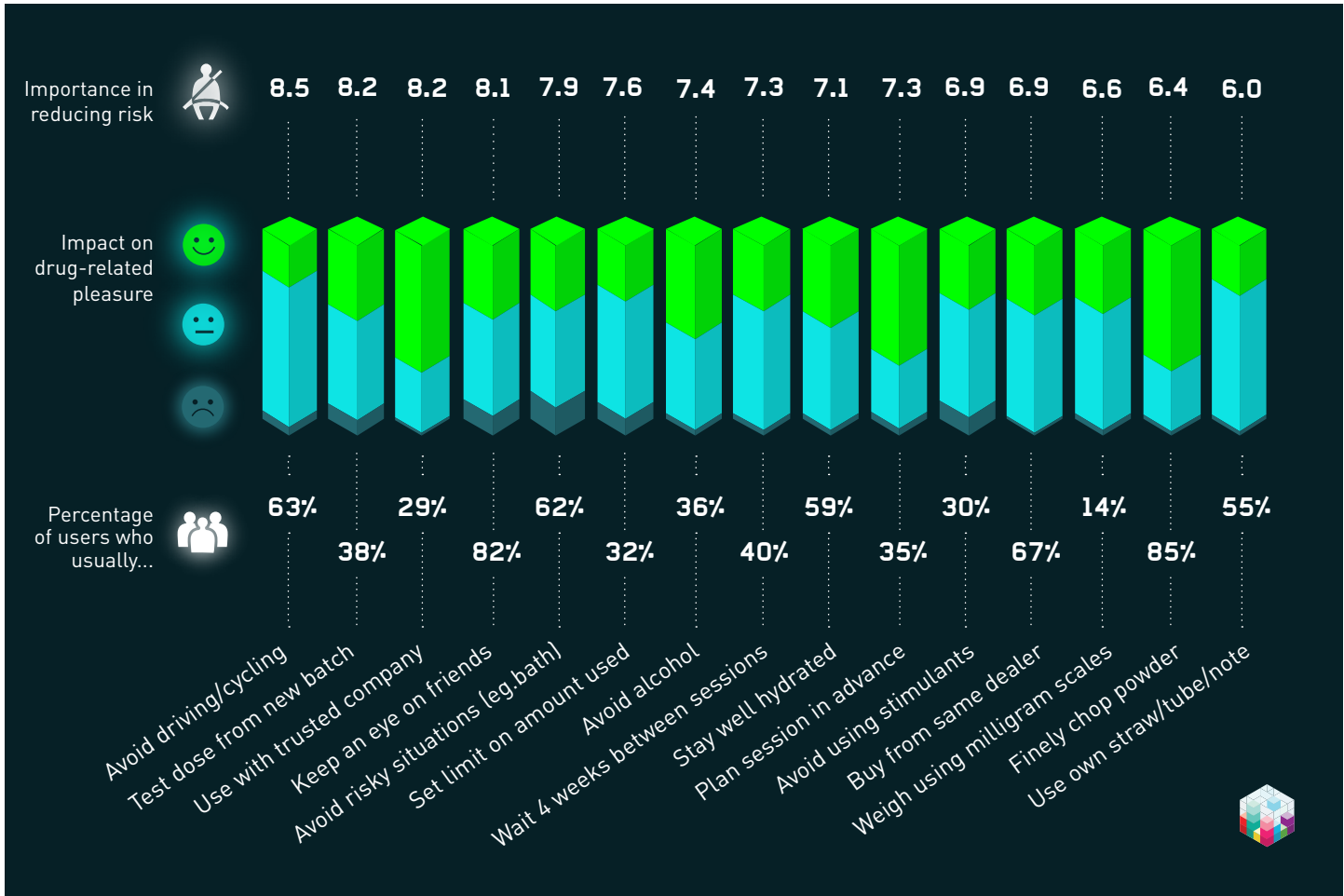
Users who usually do

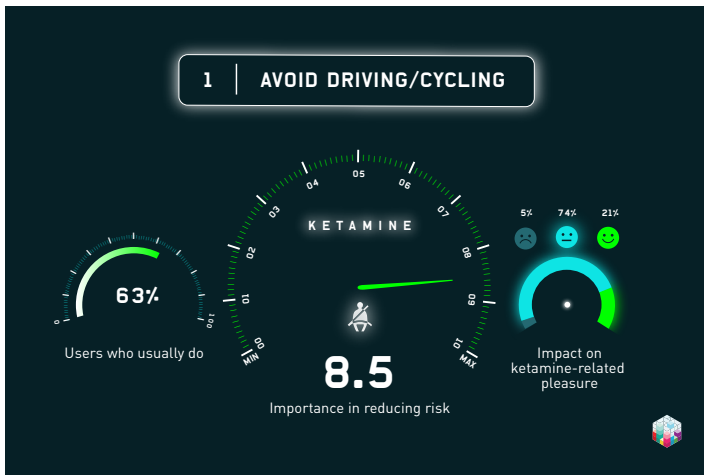
This dial tells you how important users thought this strategy was in reducing the risk of harm.

Reducing risk from 0–10

Pleasure impact rated by users

Here you can check how many users thought this strategy increased, decreased or didn't affect their pleasure.

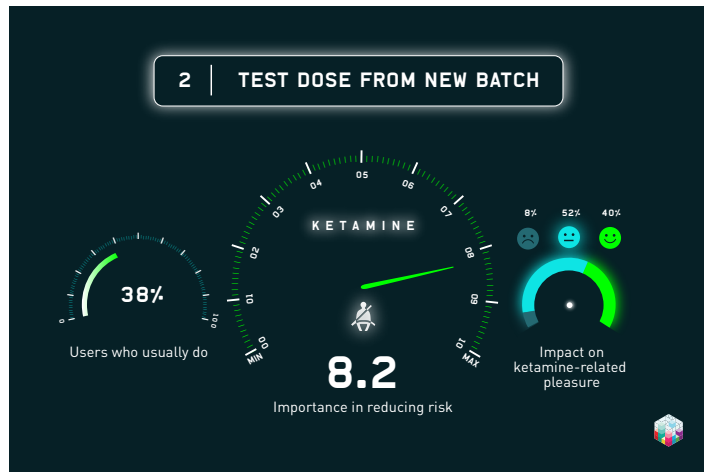




1 AVOID DRIVING /CYCLING

Avoid driving or cycling within 12 hours (at least) of using ketamine

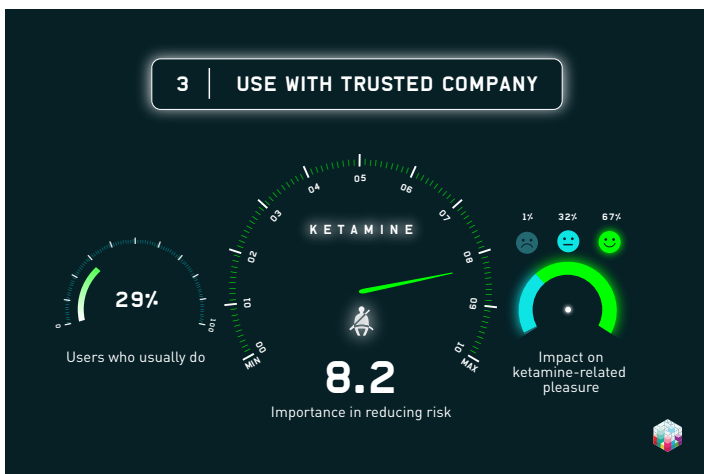
K, cars and cycling—might feel like a video, but it's not. Blurred vision, double vision, pretty lights, time and space distortion—you know the score. All the things that make K nice make driving after it risky and against the law.



2 TEST DOSE FROM NEW BATCH

Test dose a new batch by using a small amount first (half of your usual dose of ketamine and waiting for at least 30 minutes before re-dosing)

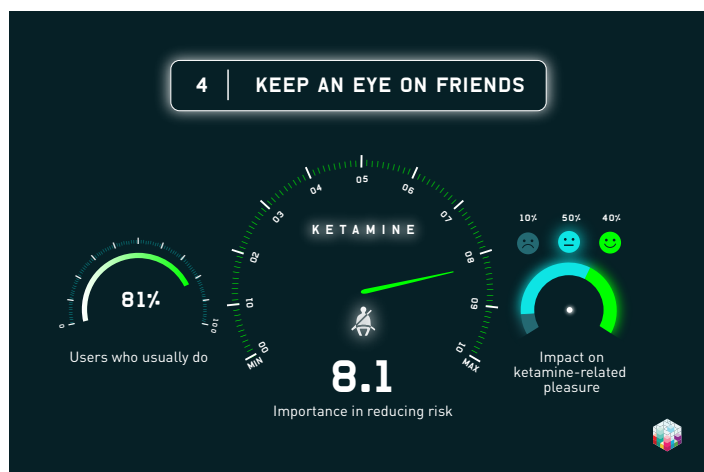
Drug purity varies—buyers beware! Because illicit preparations vary in potency and precise composition, you are safest checking each new batch by taking a small 'test' dose and waiting at least 60–90 minutes (drugs like methoxetamine take longer to come on). That way you can titrate (adjust/measure) future doses with some idea and hopefully get the effect you want and not end your evening before it has begun or find yourself in orbit or K'd out unable to speak, move or engage.



3 USE WITH TRUSTED COMPANY

Make sure there is a trusted, experienced psychedelic drug user or non-tripping friend about when you use ketamine

Your mates can keep you safe. K, like all psychedelics, can be unpredictable and can result in intense occasionally not nice experiences. Making sure there is a trusted experienced psychedelic drug user or non-tripping friend about to keep an eye on you and take care of you should you have an unwanted / unpleasant experience seems sensible.

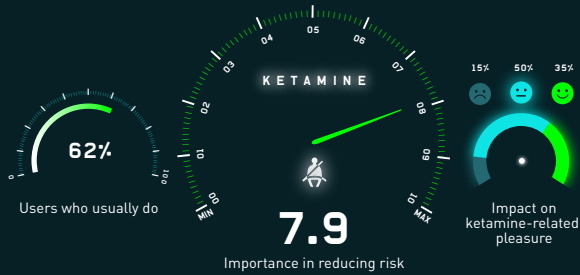


4 KEEP ANY EYE ON FRIENDS

Keep any eye on friends who have also taken ketamine through the course of a session

You can help your mates stay safe. Common sense and being a mate don't need an explanation. Mates will spot something wrong almost before anyone else—so if you are worried do as most of you do and look out for mates. Cheap, simple and so very important. Don't ever be worried about calling for an ambulance if you're worried about a mate.

5 | AVOID RISKY SITUATIONS (EG. BATH)



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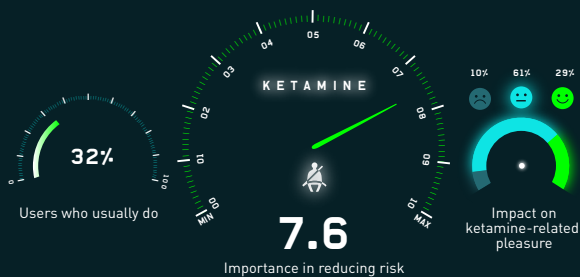
AVOID RISKY SITUATIONS (EG. BATH)

Avoid taking a bath or placing yourself in otherwise unfamiliar or unsafe environments [risky situations] when you use ketamine

Home sweet home. Because ketamine can leave you unable to move or speak, the biggest risks of using ketamine are being vulnerable to others and accidents, especially drowning. Even walking downstairs or along the kerb can be tricky. In fact staying in your house (or somewhere equally familiar) seems to be the safest place to use K. Less risk of accidents and your own loo and fridge!



6 | SET LIMITS ON AMOUNT USED



6

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Set a limit for how much you will use on a day you use ketamine

Less is more. Using drugs too often leads to the development of tolerance—with K this can occur within a session. Tolerance = less pleasure and more cost for many people. Research suggests that the more ketamine you use the greater the risk of bladder damage and memory problems. Setting a limit for how much you use on a day (we don't know how much is safe) might help keep your use under control and reduce your risk of developing tolerance and other ketamine related harms.



7 | AVOID ALCOHOL



7

AVOID ALCOHOL

Set a limit for how much you will use on a day you use ketamine

Alcohol increases the risk of bladder problems. Research done by Global Drug Survey showed that people who drank alcohol when they used ketamine were significantly more likely to report bladder problems such as pain when passing water, frequency and blood in their urine. Not drinking any alcohol when you use ketamine reduces your risk of bladder (urinary) and gastrointestinal (gut) problems.



8 | WAIT 4 WEEKS BETWEEN SESSIONS



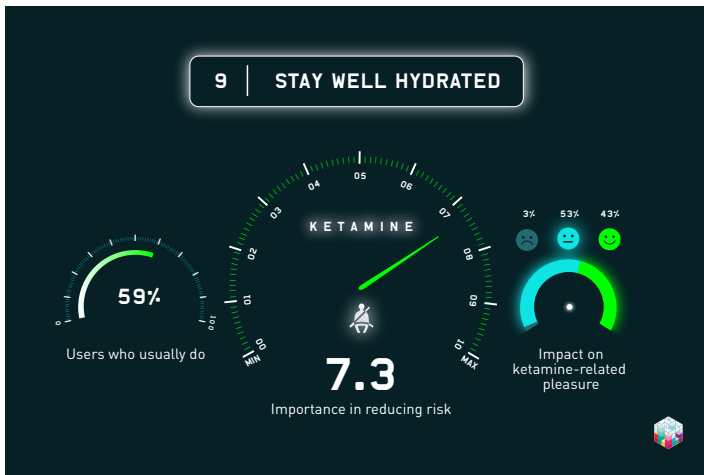
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WAIT 4 WEEKS BETWEEN SESSIONS

Wait at least 4 weeks between ketamine sessions to reduce the risk of bladder problems

Less is more. Using drugs too often leads to the development of tolerance—with K this can occur within a session. Tolerance = less pleasure and more cost for many people. Research suggests that the more ketamine you use and the more often you use it the greater the risk of bladder damage and memory problems. GDS thinks having at least 4 weeks between using sessions might reduce your risks of these problems by giving your body and brain to time recover.

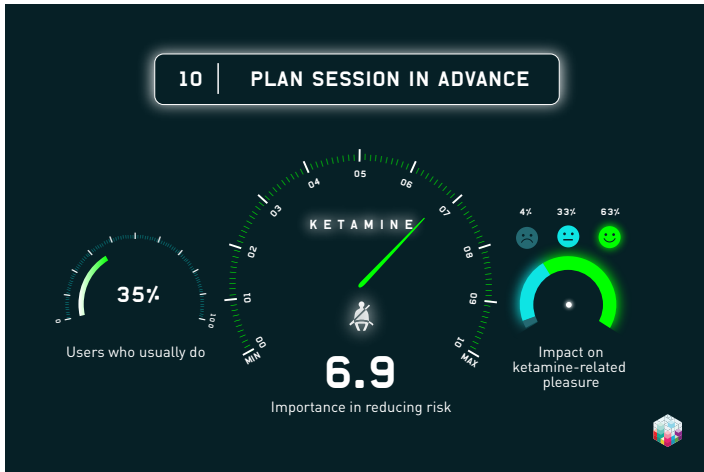




9 | STAY WELL HYDRATED

Make sure that you stay well hydrated by drinking non-alcoholic drinks when you use ketamine and for two days afterwards

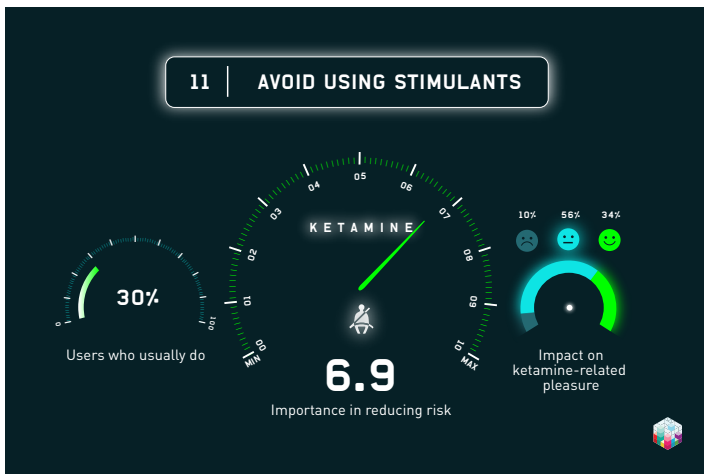
Flush your system and bladder. There is growing agreement that ketamine causes damage to the bladder and other parts of the urological system (kidneys etc) as it passes out of the body. While we are still learning more, it seems that direct contact between the lining of the bladder and a by-product of ketamine can result in shrinkage and scarring of the bladder. By remaining well hydrated both while you are using ketamine and for the two days afterwards you might reduce the risks of this damage occurring. However, if you notice blood in your urine or you find yourself peeing very frequently then back off from using K and seek help from your GP or a drug agency.



10 | PLAN SESSION IN ADVANCE

Plan your ketamine session in advance (that is think about where you will be, what you will be doing and who you will be with)

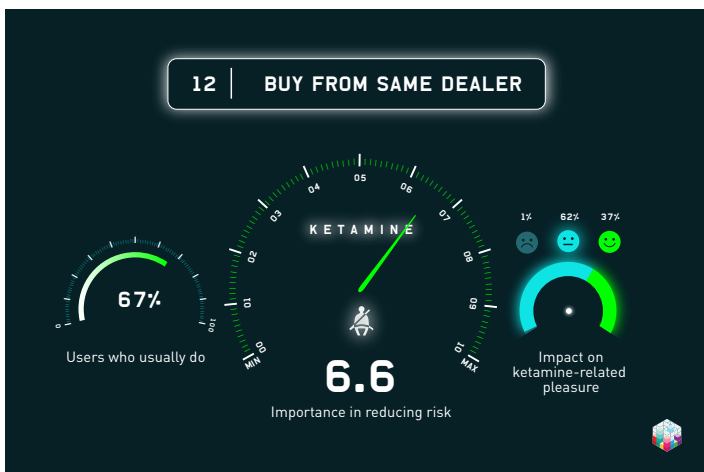
K can be a ticket to many places. To help you arrive safely at your destination and get home in one piece, planning your journey in advance is important. Feeling safe and knowing where you are and who you are with can help reduce the risk of having a bad time and if you do you will be in the best place to be taken care of.



11 | AVOID USING STIMULANTS

Avoid taking stimulant drugs (cocaine/amphetamine/caffeine) when you use ketamine

K doesn't need the stress. K already has stimulant effects and an increase in heart rate, palpitations and chest pain. Taking other stimulant drugs can result in over-stressing your system and can increase the risk of anxiety and agitation as well.



12 | BUY FROM SAME DEALER

Buy your ketamine from the same supplier or network of suppliers

Buyer beware. Common sense—someone you know is probably less likely to rip you off and may be more interested in your welfare than a random person you meet in a club. It's no guarantee but people seem to think it is very important to buy your ketamine from the same dealer or network of suppliers.

13 | WEIGH USING MILLIGRAM SCALES



13

WEIGH USING MILLIGRAM SCALES

Weigh up your ketamine using milligram scales

Careful dosing is vital. Ketamine's effect are strongly dose related. Weighing up your ketamine doses might increase your ability to accurately dose yourself and reduce your risk of overdosing. Ketamine has a very different effect at different levels of dosing whether small bumps, small lines or bigger doses.



14 | FINELY CHOP POWDER



14

FINELY CHOP POWDER

Grind up/chop up your powder very finely when you use ketamine

Finer powder goes further (maybe). Grinding up/chopping up your ketamine very finely can allow better connection with the nasal lining, better dose management, easier snorting action as well as reduce waste, nasal damage and might make your drugs last longer. Many people seem to think this is an important strategy.



15 | USE OWN STRAW/TUBE/NOTE



15

USE OWN STRAW/TUBE/NOTE

Use your own straw/tube/bill/note when snorting ketamine

You share more than snot! Snorting crystalline white powders can damage the lining of your nose. Sometimes that leads to nose bleeds. Sharing straws with others runs the risk of transmitting blood borne viruses like hepatitis C. So use your own straw. Avoid exposure to viruses.



GLOBAL DRUG SURVEY