

Using ketamine? Your bladder might be at risk.



You may be experiencing



Needing to pee a lot
(urgency, peeing at night)



Trouble holding urine
(incontinence)



Pain when peeing (dysuria)



Pelvic or abdominal
pain ('K-cramps')

Why it happens

Ketamine is broken down by your liver and passed out in your urine. Its by-products can scar your bladder lining, leading to:

- Bladder shrinkage
- Kidney damage
- Long-term disability if not caught early

Urgent signs to watch for



Recurrent urinary tract
infections (UTIs)



New incontinence



Visible blood in urine



Side pain

Unexplained weight loss

Get help

For confidential support reach out to your GP, especially if you experience any urgent signs.

Or scan the QR code to access local drop-in services for an informal chat

Drop-in Services:



For more
information
about ketamine:

