

Ketamine Uropathy in Young Adults, the Tip of the Iceberg: Insights from a Pilot Study in North Wales

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Background:

Ketamine use has been associated with various urinary symptoms, including uropathy. Understanding the demographic and clinical characteristics of ketamine users, as well as the impact of treatment on their urinary symptoms, is essential for improving patient care.

Methods:

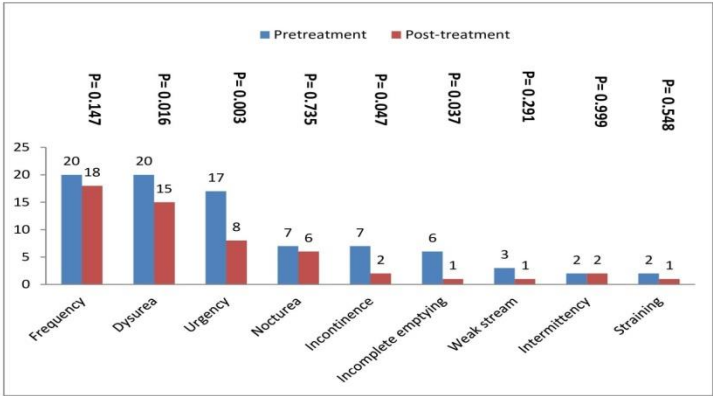
A cross-sectional study including 20 participants of KIU (75% male, 25% female) during the period from January to June 2024 in Glan Clwyd hospital. Symptom prevalence was assessed pre- and post-treatment, focusing on frequency, dysuria, urgency, nocturia, incontinence, incomplete emptying, weak stream, and straining. Data was analyzed by SPSS v. 26.0.

Results:

Table 1: The baseline characteristics (N= 20)

	N	%
Gender		
• Male	15	75.0
• Female	5	25.0
Age (Years)		
• 16-21	11	55.0
• 22-27	8	40.0
• 27-32	1	5.0
Smoking (yes)	19	95.0
Person who know you ketamine		
• Friends	9	45.0
• School peer	6	30.0
• Both	5	25.0
Duration of use (Years)		
• <1	1	5.0
• 1-3	3	15.0
• 4-6	1	5.0
• >6	15	75.0
Regularity of use		
• Regular	14	70.0
• Occasional	6	30.0
Amount per day (gm)		
• <1	2	10.0
• 1-2	14	70.0
• >2	2	10.0
• Don't know	2	10.0
Use other substances with ketamine	1	5.0
Still use ketamine after uropathy diagnosis	16	80.0
Duration of treatment (months)		
• <1	2	10.0
• 1-3	13	65.0
• >3	5	25.0
Radiological Imaging modalities		
• CT	8	40.0
• US	6	30.0
• None	6	30.0
eGFR (ml/min)		
• <90	16	80.0
• 80-90	4	20.0

The frequency of KIU symptoms before and after the treatment (N= 20)



Conclusion:

The study highlights the high prevalence of LUTS among young adults ketamine users in North Wales and demonstrates significant improvements in specific symptoms following treatment. These findings underscore the need for targeted interventions in this population to enhance their quality of life.