



Alert from the NDEWS Web Monitoring Team: Online mentions of Kitty Flipping

What was found? The number of mentions of "kitty flipping" increased between mid-2022 and early 2023 and has been fairly consistent since then. This may indicate increased interest in the practice. It may also be caused by recent media mentions.

What is Kitty Flipping? "Kitty flipping" is the practice of combining MDMA (ecstasy) and ketamine. This term is similar to "candy flipping" in which MDMA is combined with LSD. Historically, kitty flipping appears to refer more to using MDMA and ketamine within the same short time period, but a recent report by the [media](#) mentioned a drug seizure suggesting that MDMA and ketamine were pre-mixed.

How is it being discussed? Discussion orients around the perception of kitty flipping as mixing the dissociative effects of ketamine with entactogenic effects of MDMA. People who use it also sometimes report use of this combination as a way to reduce the negative "comedown" effects of MDMA. Many people online caution against taking MDMA and ketamine simultaneously or pre-combined, and instead recommend specific timing combinations.

Drug Terms: Kitty flipping, kitty flip, kittyflip