

IV KETAMINE INFUSION THERAPY

PROCEDURE – An intravenous line (IV) will be started in an extremity (arm, hand, or leg) so you can receive ketamine. Your blood pressure, heart rate, and oxygen saturation will all be monitored throughout the infusion procedure under the supervision of a physician or RN. You will be given a weight-based, sub-anesthetic dose of ketamine by slow continuous infusion. The infusion will last 40 minutes. Depending upon your response to this first infusion, we may increase the dose incrementally with your subsequent infusions to maximize your response. Adjuvant medications may also be administered if necessary, such as anti-nausea medication, mild sedatives for agitation, etc.

For some, a single infusion of ketamine will produce the desired response, but the majority require repeated infusions. Our clinic recommends 2 treatments per week for the first 6 treatments and then monthly maintenance as needed.

SIDE EFFECTS – The most common side effects of low dose IV ketamine infusion are **headache, nausea, dizziness, blurred vision, drowsiness, dissociation/derealization, elevated mood, anxiety/agitation, and changes in blood pressure/heart rate.** All these side effects are transient; the majority have disappeared by 3 hrs post-infusion. Only ~15% of blood pressure/heart rate changes occur to a significant degree such that a medication needs to be administered. No fatal cardiovascular events have been reported.

An uncommon side effect of chronic ketamine abuse is painful cystitis. Patients should be advised to let their physician know if they experience bladder pain.

OTHER RISKS – A dosing error, or unknown drug interaction may require medical intervention including intubation (putting in a breathing tube), or hospitalization. Starting an IV may cause temporary discomfort from the needle stick, bruising, or infection. Ketamine may not help your depression, bipolar disorder, PTSD, anxiety, or suicidal ideation.



WHAT SAFETY PRECAUTIONS MUST I TAKE?

- I will **NOT** drive a car, operate hazardous equipment, or engage in hazardous activities for 24 hours after each treatment as reflexes may be slow or impaired. Another adult will need to drive me home _____(initial)

- I will **NOT** conduct business or make any important decisions the remainder of the day after an infusion _____(initial)

- I must refrain from alcohol or other recreational drugs for 24 hours prior to and 24 hours after an infusion _____(initial)

- I must tell the clinic about all prescription medications and over the counter supplements I am taking _____(initial)

- If I experience a troublesome side effect after I leave the clinic, I should contact Dr. Hooper at (306) 700-5160. If I cannot reach her promptly, I should call my primary care doctor, call 911 or go to my local emergency room _____(initial)

- I will inform the clinic if I am admitted to the hospital for any reason within 10 days of treatment _____(initial)

- If I experience bladder pain within 10 days of treatment, I will inform the clinic _____(initial)