



IV KETAMINE INFUSION THERAPY

PROCEDURE – On the day of your appointment, we will bring you into a soothing and calming environment. You will receive the infusion in one of our comfortable reclining chairs. We want to create a relaxing environment in which your body and brain has every opportunity to reset.

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 or the duration 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.

Because ketamine treatment is also an important emotional experience for many, set and setting are very important. Our calm and supportive environment will aid your healing. You will be awake during the infusion but in a deep state of relaxation. It is not safe to operate heavy machinery after the treatment, and we ask that you have another person available to take you home.

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.

An uncommon side effect of chronic ketamine abuse is painful cystitis. Please advise us if you notice 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 the remainder of the day as reflexes may be slow or impaired. Another adult will need to drive me home _____(initial)

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

- I must refrain from alcohol or other recreational drugs for 24 hours before 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 ten days of treatment _____(initial)

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