



## *Ketamine Infusion for Mental Disorders*

### Procedure:

You're infused with a low dose of Ketamine. This treatment is non-FDA approved alternative to help those with diagnosed mental disorders including: Treatment-resistant depression (TRD), post-traumatic stress disorder (PTSD), Bi-polar depression, obsessive compulsive disorder (OCD), anxiety, uncontrolled stress, postpartum depression, and addiction to substances. Infusion therapy with Ketamine has been shown to have positive benefits in about 70% of people lasting several weeks to months. **PLEASE READ** the information below and sign in the appropriate area at the end of the document.

-Ketamine infusions will be based on your weight and infused over 40-120 minutes.

- A peripheral IV is placed and removed each treatment day. Risks are bleeding, bruising, swelling pain, nerve damage, and possible infection.

-Up to 6 treatments are given over 3-4 week period.

### Risks and Discomforts:

At the low dose given in this treatment, Ketamine poses minimal risks and/or discomfort. Possible side effects of Ketamine are increased heart rate and blood pressure, salivation, altered ability to think, also affecting your perception and judgement. The occurrence of short-term psychological adverse events such as visual hallucinations, nightmares and dissociative sensations have occurred.

Ketamine was developed in Michigan in the early 1960s, is one of the most widely used drugs, and is on the World Health Organization's list of essential medicines. It has a variety of uses and is FDA approved as an anesthetic medication. When given in a controlled setting, Ketamine is a remarkably safe medication. However, there have been no long term studies conducted on repeated Ketamine treatments in its relation to fetal development. Therefore, you must also consent that you will not become pregnant while receiving Ketamine therapy. Ketamine is known as an NMDA receptor antagonist. These drugs have been reported to produce nerve cell abnormalities in the liver of rats. These abnormalities appear to be reversible, and dose not prove that Ketamine will have the same effects in humans. However, you should be advised that Ketamine may have the potential to cause nerve cell abnormalities in humans, and that the clinical significance of any such changes is not known.

Ketamine:

Increased heart rate, increased blood pressure, anxiety, alteration in mood, visual hallucinations, vivid dreams or illusions, sedation and fatigue are possible side effects of this medication. You are advised not to drive or operate heavy machinery for 12 hours after infusion therapy. you will be given Ondansetron to help with comfort during a normal treatment with Ketamine, unless contradicted.

Ondansetron (Zofran): Medication to help prevent and/or treat nausea. The potential side effects of this drug are headaches, constipation, and fatigue.

Additional medications and/or treatments may be given to treat any adverse effects of those medications as necessary including drugs used in emergency resuscitation. **Please contact** your primary care provider if you have any problems after you leave from your Ketamine infusion therapy.

Agreement:

- I am aware Ketamine is currently not an FDA approved treatment for the diagnoses listed above.
- I understand that any prescriptions containing Ketamine are off label and not FDA approved.
- I have been informed of the reasons and possible benefits for this treatment.
- I understand there are no guarantees implied or otherwise.
- I understand EMS will be called on my behalf in case of emergencies and any costs incurred are my responsibility.
- I have had the treatment explained to me and had all my questions answered.
- I have carefully read this consent form and understand the benefits/risks by signing.

\_\_\_\_\_  
Print Name

\_\_\_\_\_  
Patients signature -or-  
parent/Legal guardian (if under 18yrs old)

\_\_\_\_\_  
Date