

IOWA KETAMINE SERVICES PLC

Ketamine Infusion Information - Pain

YOUR FIRST APPOINTMENT

- Please arrive 15 minutes early for your first appointment to fill out some quick paperwork. It is much less than the average doctor's office requires, but we do ask you to fill out a survey about how you are feeling and that takes some time.
- It is **mandatory** that you bring us a copy of your medication history and allergy list.
- Expect to be in our office for **six hours** for your first visit. Your infusion will last for four hours. It will typically be close to one hour after your infusion is finished before you are ready to go home.
- It is **mandatory** that you have someone drive you home. They do not need to stay in the office throughout the whole visit, but they are certainly more than welcome.
- **PLEASE DO NOT EAT FOR FOUR HOURS BEFORE YOUR APPOINTMENT.** You may have sips of clear liquids during that time if you are scheduled to take medications. If you have eaten before arriving for your appointment, you will be asked to wait or re-schedule.

WHAT TO EXPECT FROM YOUR FIRST INFUSION

The doctor will talk with you at length about what to expect before your first infusion and answer any questions you may have. You will be seated in a recliner and made comfortable. We have blankets, pillows, music or a TV if you choose. Many prefer to sit in silence with lights lowered to make this experience as relaxing as possible. You will have an IV placed (this is where the medication enters your body) and be attached to a monitor to watch your vital signs. The doctor will record vital signs every ten to fifteen minutes while checking on you.

Everyone experiences the infusions differently. You will not feel anything for 5-10 minutes when it starts. Most people then begin to experience a sense of movement, colors, mild hallucinations (that are typically pleasant) or perhaps a sense of being connected with the universe or "other worldliness". Some people experience dizziness or nausea. The infusions are generally well tolerated. If you are having side effects, we have medication to help with that in the office. The majority of patients receive Ativan for anxiety and agitation as well as Zofran for nausea.

After the infusion, it takes 15-30 minutes for your thinking to become more clear. You will likely feel slightly intoxicated, dizzy, off balance, or woozy during this time. We will make sure you can drink and walk steadily before you leave the office.

AFTER THE INFUSION

It is normal to feel very fatigued after your infusion. You are allowed to nap or do any activity that you want, if you feel up to it. We do ask that you **avoid working, operating heavy machinery (like cars), making legal decisions or watching small children. It is advisable to have another adult watch you for 24 hours after your first infusion as you get used to how you will respond.** You may experience dizziness or nausea after getting home. We recommend taking it easy, resting on the couch, drinking only small sips of clear liquids until you are feeling better if nausea occurs. If you have difficulty sleeping the night after your infusion, please let the doctor know.

If you are feeling much less pain, that is great. Congratulations, we have found a therapy that may work for you and the doctor will tailor your dosing to be most effective. If you are feeling the same, please do not be disheartened. It can be difficult to tell the day of the infusion how you are going to respond. Some patients will actually experience an increase in pain before improvement. In particular, patients with CRPS may experience a pain flair 4-7 days after infusions. This is typically short lived. If you experience any increase in your pain, please be sure to discuss with the doctor. After a series of ketamine infusions, many feel very fatigued for a couple of days. Be sure to not plan any significant activities for the few days after your series of infusion.

Please call the office with any questions.

Iowa Ketamine Services, PLC

319.531.7987

www.ketamineiowa.com

drhodes@ketamineiowa.com