

IOWA KETAMINE SERVICES^{PLC}

Ketamine Infusion Information – Mental Health

YOUR FIRST APPOINTMENT

- Please arrive 5-10 minutes early for your first appointment.
- It is required that you bring us a copy of your medication history and allergy list.
- Expect to be in our office for two hours for your first visit. Every visit after that will usually be shorter, about one and a half hours.
- It is *required* 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 five 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.

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. But this typically does not last more than 30 minutes. We will make sure you can drink and walk steadily before you leave the office.

AFTER THE INFUSION

Most patients feel back to their normal self within several hours. Some patients will feel very fatigued, but others will be quite energized. 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 that is the case.

The vast majority of patients will be their normal self the day after the infusion, but there are some people that feel fatigued and that is ok. It does not have any bearing on whether ketamine will work for you or not.

If you are feeling much less depressed, that is great. Congratulations, we have found a therapy that will 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 and the day after infusion how you are feeling. Many people need repeated dosing. Also, many times, friends and family will see an improvement before you do.

HOW TO KEEP KETAMINE WORKING FOR YOU

The simple truth is that Major Depression is a lifelong disease. You will have PEAKS AND VALLEYS throughout the rest of your life. Ketamine is an excellent drug to make you feel better today. And may keep you feeling much better than you would otherwise. However, there are many simple things that you can do now to keep you feeling better longer. The list is long, please do not attempt every one. Rather pick one or two that sound attainable to you and add it to your daily schedule. **Adopting these behaviors will help you feel better and keep the positive effects of ketamine lasting longer.**

REGULAR EXERCISE

GETTING ENOUGH SLEEP

REDUCING STRESS IN YOUR LIFE

DELEGATE TASKS TO OTHERS

REGULARLY MEETING WITH A COUNSELLOR

EXPOSURE TO SUNSHINE

FISH OIL SUPPLEMENTATION

WELL BALANCED DIET

KEEPING YOUR LOVED ONES AND FRIENDS IN THE LOOP

JOINING A DEPRESSION/PTSD SUPPORT GROUP

Please call the office with any questions.

Iowa Ketamine Services, PLC

319.531.7987

www.ketamineiowa.com

drhodes@ketamineiowa.com