

# WHAT DOES SPRAVATO® (ESKETAMINE) TREATMENT DAY LOOK LIKE AT HEARTSTRINGS?

- We strive to ensure that you have the best treatment session possible. To do this, we provide patients with a relaxing, therapeutic environment free from distractions and which is not overstimulating.
- Our expert staff will be available throughout your 2 hour in office SPRAVATO® (esketamine) treatment session to ensure that you receive the care and attention you need, as well as providing pre-care instructions, safety, and post-care advice.
- Potential side effects include: increased blood pressure, nausea, sleepiness, fainting, dizziness, spinning sensation, anxiety, respiratory depression, or feeling disconnected from yourself, your thoughts, feelings, space, and time (dissociation). These side effects may occur right after treatment and typically go away the same day.
- SPRAVATO® must be taken twice a week for the first four weeks. Treatment schedules will then shift to a weekly treatment every four weeks. Afterward, your healthcare provider will help you determine the best frequency for follow-up applications.

## PREPARING FOR YOUR TREATMENT

- Pre-treatment preparation is one of the most important aspects of a successful SPRAVATO® (esketamine) session. Coming into the clinic with an open mindset and a desire to transform negative thought patterns will aid your success.
- Some helpful tips include bringing a book, tablet, or music with you to your session. Prepare a playlist of relaxing music that helps you get into the right mindset for treatment. Be open and honest with yourself about with objective for your session, setting your intentions for the session.
- Prior to treatment:
  - Get a full night's sleep the night before.
  - Set your intentions for the session.
  - Advise your healthcare provider of any medications/vaccines/alcohol you may have taken before your SPRAVATO® (esketamine) treatment session.

- Avoid eating two hours before treatment.
- Do not drink any liquids 30 minutes before your session.
- If applicable, nasal corticosteroids or decongestant medications, blood pressure medications, anti-nausea medications should be taken at least one hour before SPRAVATO® (esketamine) treatments begin.
- Avoid controlled medications including opioids, stimulants, controlled sleeping medications, alcohol, recreational drugs, cannabis, and benzodiazepines a minimum of 12 hours before your treatment session to prevent risks and to ensure a safe, well tolerated experience.

#### **AFTER YOUR TREATMENT**

- We require that you avoid driving, have a safe ride home, avoid operating heavy machinery, avoid taking care of young children alone, and avoid using controlled medications and alcohol after your treatment until the following morning.
- Integration: We strongly recommend that patients be involved in psychotherapy and particularly, integration of the esketamine experience.