



PRE AND POST KETAMINE INFUSION INSTRUCTIONS

Before the Infusion:

Please arrive *at least 15 minutes early* for your first appointment to confirm paperwork, payment, and acclimate yourself to the environment. Expect to be in the office for approximately 90 minutes for the first visit. Subsequent visits might be shorter.

Wear comfortable, loose-fitting clothing. We provide blankets, Bluetooth speakers, eye masks and water. Please bring any other items you would like for your comfort – pillows, preferred essential oils, or music.

Please **DO NOT EAT** for at least **TWO HOURS** before your appointment. This is to reduce the risk of nausea during your infusion. However, please **DO** drink water as being properly hydrated reduces the risk of side effects. Take all your medications as scheduled unless otherwise directed by the medical practitioner.

You will need a driver for every infusion! This should ideally be a close friend or family member, and we strongly encourage them to stay with you throughout your infusion. No patient will be allowed to drive themselves after an infusion, and we discourage use of rideshare services like Lyft or Uber for safety reasons.

During the Infusion:

You will be seated in a recliner. Many prefer to sit in silence to relax as much as possible. You will have an IV inserted into a vein in your arm, and this is where the ketamine is dripped for approximately 40 minutes. You will be connected to a heart rate monitor and blood pressure cuff for the first two infusions. After that, you may elect to forgo the additional monitoring.

Everyone experiences ketamine infusions differently. Many do not feel anything for the first 5-15 minutes. Then some describe a sense of movement, colors, or mild hallucinations (usually pleasant). Infusions are generally well-tolerated, but please speak up if you are uncomfortable. We can often alleviate symptoms by slowing the infusion rate.

After the infusion, it will take approximately 15-20 minutes for your thinking to clear. Most patients report some changes in balance or ability to focus their eyes, somewhat like being mildly intoxicated. Recovery rarely takes more than 30



minutes, and we like to make sure you feel fully recovered before leaving the office. We encourage you to sip on water or juice and eat a light snack after leaving the office.

After the Infusion:

Most patients feel “normal” within several hours, but please take precautions as the medication leaves your system. Please DO NOT drive, operate machinery, make legal decisions, drink alcohol, participate in strenuous exercise, or watch small children for 12 hours after your infusion.

Many people will feel some relief from their symptoms after the first or second infusion. Don't feel discouraged if this doesn't happen, as an initial course of at least 4 total treatments is recommended in scientific studies. We will discuss your symptoms and progress at each infusion appointment.

If you experience a minor, troublesome side effect at home, you may contact us at (606) 922-0695.

If you experience a major side effect or have thoughts of harming yourself, call 911 immediately.