

## Ketamine Infusion Appointment Preparation & Tips for Success

To help you have a safe, comfortable, and effective treatment experience, please review the following instructions before your ketamine infusion appointment.

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### Transportation & Scheduling

- **You must have a driver available to take you home after your infusion.**  
You will not be able to drive yourself due to temporary cognitive and coordination effects.
- Plan to be in the clinic:
  - **About 1.5 hours** for standard 40-minute infusions
  - **Up to 5 hours** for extended infusion sessions.

Please avoid scheduling demanding activities afterward, allow time to rest and integrate the experience.

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### Eating & Drinking Guidelines

- **Do not eat for 6-8 hours before treatment.**  
This helps reduce nausea and improves comfort.
  - **Clear liquids are allowed until 2 hours before your appointment.**  
Examples: water, electrolyte drinks, black coffee or tea (no cream).
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### Medication & Substance Considerations

Unless specifically cleared by your provider:

- Avoid **benzodiazepines** (such as Xanax®, Ativan®, Valium®) the day of treatment, as they may reduce treatment effectiveness.
- Avoid **marijuana or cannabis products** the day of treatment.
- Avoid **opioid pain medications for at least 6 hours prior** to your appointment.

Always inform us of any medication changes or concerns beforehand.

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### Creating a Positive Treatment Experience

Your mindset and environment can significantly influence treatment benefit.

### **Helpful preparation tips:**

- Choose calming, instrumental, or therapeutic music playlists (psychedelic-therapy style music often works well).
  - Bring personal comfort items if desired:
    - Headphones
    - Eye mask
    - Blanket or comfort object.  
(We provide these as well if you prefer.)
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## **Mental Preparation Tips**

Many patients find improved outcomes when they:

- Set a gentle intention before treatment (example: relaxation, emotional processing, clarity).
  - Avoid stressful activities right beforehand.
  - Approach treatment with openness rather than specific expectations.
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## **After Your Infusion**

You may experience:

- Mild fatigue or emotional sensitivity
- Temporary dizziness
- Enhanced introspection.

Plan a quiet evening, stay hydrated, and avoid alcohol or major decision-making until the next day.

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## **When to Contact Us**

Please notify the clinic prior to your appointment if:

- You develop illness symptoms
  - You start new medications
  - You have transportation concerns
  - You feel unsure about preparation instructions.
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## **Final Thought**

Ketamine therapy works best when medical treatment is combined with thoughtful preparation, integration, and self-care. Your comfort, safety, and outcomes are our priority.