

SPRAVATO® (esketamine) Patient Pre-Treatment & Post-Treatment Instructions

[button: GO BACK TO SPRAVATO]

SPRAVATO® is a prescription nasal spray used alongside an oral antidepressant for treatment-resistant depression. For your safety, treatments are administered in-clinic under medical supervision.

Please review the instructions below carefully before each treatment.

BEFORE YOUR SPRAVATO® TREATMENT

Eating & Drinking

- Do **not eat solid food for at least 2 hours** before your appointment.
- Do **not drink liquids for at least 30 minutes** before your appointment.
 - This helps reduce nausea or vomiting during treatment.

Medications & Substances

- Take your **regular prescribed medications** unless your provider instructs otherwise.
- **Avoid alcohol** on the day of treatment.
- Do not use recreational drugs on treatment days.
- Inform your provider of **any new medications**, especially:
 - Benzodiazepines
 - Opioids
 - Stimulants
 - Blood pressure medications

Transportation

- You **must arrange a ride home**.
- You may **not drive, bike, or operate machinery** the same day as treatment.
- Ride-share services are acceptable only if approved by your clinic.

Health Status

- Notify the clinic if you are experiencing:
 - Illness, fever, or infection
 - Significant anxiety or panic symptoms
 - Changes in blood pressure
 - Pregnancy or plans to become pregnant

DURING YOUR TREATMENT

- SPRAVATO® is self-administered as a **nasal spray** under staff supervision.
 - You will remain in the clinic for **at least 2 hours** for monitoring.
 - You may experience:
 - Dissociation or feeling “detached”
 - Dizziness or lightheadedness
 - Sleepiness
 - Changes in perception
 - These effects are **expected and temporary**.
 - Staff will monitor your **blood pressure, comfort, and safety** throughout the visit.
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AFTER YOUR SPRAVATO® TREATMENT

Same-Day Restrictions

For the rest of the day, **do NOT**:

- Drive or operate vehicles
- Use heavy machinery
- Make important decisions
- Consume alcohol
- Engage in strenuous activity

Plan to **rest and take it easy** for the remainder of the day.

Eating & Hydration

- You may resume eating once nausea has resolved.
- Start with light foods and hydrate slowly.

Emotional & Mental Effects

- Mood changes, emotional sensitivity, or fatigue can occur.
- Some patients feel calm, reflective, or emotionally open.
- If distressing thoughts or symptoms arise, contact the clinic.

When to Call the Clinic

Contact your provider if you experience:

- Persistent vomiting
 - Severe headache
 - Chest pain
 - Shortness of breath
 - Severe anxiety or confusion
 - Worsening depression or suicidal thoughts
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IMPORTANT REMINDERS

- SPRAVATO® must be taken **only in a certified clinic** under the REMS program.
 - Consistency with scheduled treatments improves outcomes.
 - SPRAVATO® works best when combined with:
 - An oral antidepressant
 - Therapy or integration support
 - Healthy sleep, nutrition, and follow-up care