



INTEGRATIVE MEDICINE • SANDY, UTAH

Ketamine Therapy

Patient Consultation Packet

*Your guide to ketamine for mental health and chronic pain,
at-home treatment, and SPRAVATO® (esketamine)*

Nervana Medical

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Welcome to Nervana Medical

Thank you for your interest in ketamine therapy. Nervana Medical is an **integrative medical practice** in Sandy, Utah that brings aesthetics, wellness, and mental health together under one roof. We treat the whole person, which means ketamine is never offered in isolation. It is one carefully chosen tool within a broader plan that can also include talk-therapy support, hormone balance, low-dose naltrexone (LDN), botox and nutrition.

This packet explains how ketamine works, the conditions it can help, your treatment options (in-clinic infusions, injections, at-home programs, and SPRAVATO®), what to expect before and after a session, and the safety information every patient should understand. Please read it before your consultation and bring any questions with you, there are no wrong ones.

A trusted medicine for decades

Ketamine has been FDA-approved as an anesthetic since 1970 and has an excellent safety record across hospitals, dental offices, and veterinary medicine. Over the past decade it has also been recognized for its benefits in mental health and certain chronic-pain conditions. When used for those conditions it is prescribed off-label, a common, evidence-supported practice in medicine.

What Is Ketamine Therapy?

Most antidepressants work slowly by adjusting serotonin or norepinephrine and can take weeks to help. Ketamine works differently. It acts on the brain's **glutamate** system, the chemical messenger involved in roughly 60% of brain synapses, to increase **neuroplasticity**, the brain's ability to form and strengthen new connections. In practical terms, ketamine can help the brain "relearn" healthier patterns and improve communication between brain cells.

How it helps

- Restores and optimizes connectivity in brain networks affected by chronic depression, anxiety, and stress.
- Stimulates the growth of new neurons and synapses (synaptogenesis).
- Has anti-inflammatory effects and can interrupt habitual, "stuck" patterns of thinking.
- Often works quickly, many patients notice a shift in mood or pain within hours to a day, rather than weeks.

Conditions We Treat

With the approval of a prescribing provider, ketamine can be used to support both mental-health and physical-pain conditions.

Mental health

- Depression, including **treatment-resistant depression (TRD)**
- Anxiety
- Post-traumatic stress disorder (PTSD)

- Suicidality (as part of comprehensive, supervised care)

Chronic pain

- Fibromyalgia
- Complex Regional Pain Syndrome (CRPS)
- Pain associated with cancer (less efficient)
- General neuropathic pain

Depression is common, and treatable

An estimated 300 million people worldwide live with depression, and about 1 in 5 Americans will be diagnosed in their lifetime. Yet fewer than half receive effective treatment. If conventional options haven't worked for you, you are not out of options.

Your Treatment Options

Ketamine can be delivered several ways. Your provider will recommend the route that best matches your goals, history, and response. The table below is a quick overview; details follow.

Option	Setting	Supervision	Typically considered for
IV infusion	In-clinic (Sandy)	2–4 hour monitoring	Depression, anxiety, PTSD, chronic pain
IM injection	In-clinic (Sandy)	2 hour monitoring	Mental health; KAP-based care
At-home troche or intranasal	Your home	Provider-directed; check-ins	Maintenance; access between visits
SPRAVATO® (esketamine)	In-clinic; we are REMS-certified	2-hour monitoring	TRD; MDD with suicidal thoughts

Add-on benefit: All IV ketamine treatments are eligible for any additional IV vitamin infusion at 50% off.

Ketamine for Mental Health

For mood and trauma conditions, ketamine can reach levels of relief that traditional therapies sometimes cannot. While studies show ketamine alone is effective for treatment-resistant depression, we strongly recommend pairing it with psychotherapy for the best and most durable results.

Ketamine-Assisted Psychotherapy (KAP) & integration

Ketamine helps the mind and body relax, opening a window to explore the root causes of emotional pain in a safe setting. We provide a post-session integration download, and we encourage clients to work with an outside therapist to get the most from the experience. One-on-one **integration coaching**, in person or virtual, is also available to help you process insights and apply them to daily life.

What the evidence shows

- In a 2019 study of adults with treatment-resistant depression who received six infusions over two weeks, **about 59% responded** with a 50%-or-greater reduction in symptoms after an average of three infusions.
- Ketamine alone produces a clinical response in roughly 60% of individuals; adding psychotherapy improves both the response rate and how long the benefit lasts.

A typical course

Many mental-health protocols begin with a series of six infusions or injections over about two to three weeks, followed by occasional, as-needed maintenance treatments to sustain the benefit. Every plan is individualized.

Ketamine for Chronic Pain

For chronic-pain conditions such as fibromyalgia, CRPS, and neuropathic pain, ketamine can help “quiet” pain signaling and reset the way the nervous system processes pain. We typically recommend an **initial series of five treatments**, with a dedicated Chronic Pain Infusion Series as well as single-infusion options.

Good to know about pain infusions

Chronic-pain infusions are often longer than mental-health sessions. For a 4-hour infusion, plan to be at the clinic for about 5 hours. Your provider will review the exact protocol with you and complete an initial pain assessment at your consult.

At-Home Ketamine Treatment

Our at-home program extends the same provider-supervised care into your own space. Depending on your history, symptoms, and response, your provider may prescribe oral **troches (dissolvable lozenges)**, compounded **intranasal (nasal spray)** ketamine, or another medically appropriate format, each one selected and dosed specifically for you, never one-size-fits-all.

How it works

- Every plan begins with a real medical evaluation, not just a questionnaire and a prescription.
- Medication is prepared by a licensed compounding pharmacy; we coordinate prescribing and pharmacy logistics.
- You receive clear dosing guidance and ongoing check-ins between visits. Dosing is titrated, always starting low.
- You must have completed an in-clinic IV or IM session with us prior to at-home treatment, or have a licensed therapist write a note stating it will be used in their office with them during therapy.

How to take a troche (lozenge)

1. Sit or lie down in a comfortable, quiet, safe place before taking your medication.
2. Place the troche under your tongue (sublingual) or between your cheek and gum (buccal), as directed.
3. Let it dissolve slowly, do not chew or swallow it whole.
4. Avoid swallowing your saliva for as long as is comfortable, to maximize absorption.
5. Keep it in your mouth for the full time recommended by your provider (usually 10–15 minutes), then swallow normally.

Before your dose

- Do not eat for at least 2 hours, and do not drink liquids for at least 30 minutes beforehand (reduces nausea, improves absorption).
- Use the bathroom first, you should stay seated or lying down during treatment.
- Plan not to drive for at least 6–8 hours after your dose.

During & after

- Remain seated or lying down for at least 1–2 hours.
- Temporary effects can include dissociation (feeling disconnected), dizziness, nausea, blurred vision, unusual thoughts, and a brief rise in blood pressure and heart rate. These are usually mild and resolve within 1–4 hours.
- Have a trusted person nearby, especially during your first few doses.
- Do not drink alcohol on treatment days, and never combine ketamine with non-prescribed sedatives.

Monitoring & follow-up

At-home does not mean on your own. At follow-ups we review your symptoms and response, side effects, and blood pressure and heart rate, and we watch for tolerance or dependence. Roughly

every 6–12 months we check a comprehensive metabolic panel (CMP) and urinalysis to monitor liver, kidney, and urinary health.

Use medication exactly as prescribed

Take only the prescribed dose and number of sprays. Never increase the dose or frequency on your own. Store medication securely, away from children and anyone it isn't prescribed for. Never share, sell, or divert it, doing so is unsafe, illegal, and may end treatment. Report urinary symptoms, changes in thinking or memory, worsening mood, or any thoughts of self-harm right away.

SPRAVATO® (Esketamine)

SPRAVATO® is a prescription nasal spray made from esketamine, the “S” form of ketamine, developed and studied specifically for depression. It is **FDA-approved** for treatment-resistant depression in adults and for major depressive disorder with active suicidal thoughts or behaviors, and is usually used alongside an oral antidepressant.

How treatment works

- Given as a nasal spray **in our clinic** under medical supervision, it is never taken home.
- After dosing, you stay for **at least 2 hours of monitoring**; you cannot drive the same day and must arrange a ride home.
- Typical schedule: **twice weekly for weeks 1–4** (induction), then weekly or every other week (maintenance), based on your response.
- The dose is typically 56 mg or 84 mg, adjusted by your provider.

The REMS safety program

SPRAVATO is available only through a special FDA safety program called REMS (Risk Evaluation and Mitigation Strategy). It can be given only in certified clinics, by trained providers, with required monitoring, managing risks such as sedation, dissociation, and changes in blood pressure. Nervana Medical is a REMS-certified facility.

Insurance & coverage

Unlike most ketamine for depression (which is usually out-of-pocket), SPRAVATO is often covered by insurance, including many commercial plans and Medicare. **We currently accept insurance for Cigna and BCBS of Utah**, and we handle authorizations and appeals for you.

What insurers typically require

1. A diagnosis of major depression / treatment-resistant depression affecting daily life.
2. Proof that at least two antidepressants were tried at adequate dose and duration without enough relief.
3. Ongoing mental-health monitoring with standardized depression questionnaires, in a certified clinic (Nervana Medical).

Approval is not instant (it can take days to a few weeks), and first-time denials are common but frequently overturned with documentation. Our team manages the paperwork.

Ketamine vs. SPRAVATO®: A Quick Comparison

	IV / IM Ketamine	SPRAVATO® (esketamine)
FDA status	Anesthetic; off-label for depression	FDA-approved for TRD & MDD with suicidal thoughts
How it's given	IV infusion, IM injection, or oral/at-home	Nasal spray, in REMS-certified clinic only
Monitoring	Varies by route	At least 2 hours after each dose
Absorption	IV/IM ~100%, stronger, faster effect	Nasal ~40–50%, controlled, gentler effect

	IV / IM Ketamine	SPRAVATO® (esketamine)
Insurance	Usually out-of-pocket	Often covered (PA required)
Structure	Flexible; ~6 sessions over 2–3 weeks	Standardized schedule (induction + maintenance)

Stronger does not mean better. Some patients do very well with the gentler SPRAVATO experience; others need IV/IM ketamine. The right choice depends on your insurance, symptom severity, history, and preference, we'll help you decide together.

What to Expect at Your Consultation

Your consultation is a private visit with our provider to review your mental-health and pain history, your goals, and whether ketamine (or SPRAVATO) is a good fit. To book treatment, you must have completed a consult and physical exam within the past year (or a new exam if your medical history has changed).

Paperwork you'll complete

- Ketamine intake form
- Ketamine therapy consent form
- Standardized symptom surveys (for example, depression and anxiety questionnaires such as PHQ-9 / GAD-7)
- Initial pain assessment (if you're being treated for chronic pain)

What an in-clinic session looks like

For a mental health infusion, we attach monitors for your heart rate and blood pressure and start an IV. The lights are dimmed and you're made comfortable with a heated blanket; many patients bring headphones and an eye mask. The main experience commonly lasts around 40–50 minutes, with another 45 minutes to an hour of recovery before you head home with your driver.

For chronic pain, your infusion will run over 2 hours, with the option to add additional hours up to a maximum of 4 hours. Studies show that infusions given slower, over a longer time, are more effective.

Make the experience your own

We recommend finding a soothing music playlist (there's music made specifically for psychedelic therapy). You're welcome to bring your own headphones, eye mask, and blanket, though we'll have these on hand if you need them.

Before Your Treatment

- Arrange for someone to drive you home after your appointment.
- Plan your timing: arrive with at least **1.5 hours** set aside (about 5 hours for a 4-hour chronic-pain infusion).
- Do not eat for 4–6 hours before treatment. You may drink water up to 2 hours before.
- Avoid benzodiazepines (for example, Xanax or Ativan) and marijuana on the day of your procedure.
- Do not take opioid pain medications within 6 hours before the procedure.

After Your Treatment

Ketamine causes some sedation and temporarily impairs motor function and decision-making. Please follow these instructions:

- Do not drive for at least 24 hours, and have someone drive you home.

- Avoid making important decisions for 24 hours.
- You may remove the bandage over your IV once home, and resume your usual diet and fluids unless told otherwise.
- Avoid opioids, benzodiazepines, alcohol, and marijuana for the rest of the day and for 24 hours after your infusion.
- Keep your regular care: ketamine supports, but does not replace, your primary care provider, psychiatrist, or therapist.
- Seek emergency care (call 911) for thoughts of suicide, or for signs of an allergic reaction such as a new rash, shortness of breath, throat tightness, difficulty swallowing, chest pain, or a change in consciousness.

Risks, Side Effects & Who Should Be Cautious

Possible side effects

Like any medical treatment, ketamine therapy carries potential risks and side effects, which may include:

- Drowsiness or dizziness
- Elevated blood pressure and increased heart rate
- Nausea and vomiting
- Disorientation or confusion
- Hallucinations or perceptual changes (dissociation)
- Allergic reactions

With prolonged at-home use, less common concerns include urinary symptoms (ketamine-associated cystitis), elevated liver enzymes, cognitive changes, tolerance, and psychological dependence, which is why we keep doses as low as effective and monitor regularly.

Tell us before treatment if you have any of these

Ketamine therapy may not be suitable for everyone. Please inform your provider if you have:

- Uncontrolled high blood pressure
- History of heart disease, or (for SPRAVATO) stroke or aneurysm
- Severe liver dysfunction
- History of psychosis or schizophrenia
- Pregnancy or breastfeeding
- Active substance misuse

Your participation is voluntary

You have the right to refuse or discontinue treatment at any time without penalty. If therapeutic touch (for example, a light touch to the hand or shoulder for grounding) is ever part of your session, your comfort and autonomy come first, you may decline at any time, for any reason.

Payment & Insurance

- Payment is due at the time of treatment.
- There are **no refunds on series packages**.
- SPRAVATO is often covered by insurance (we accept Cigna and BCBS of Utah and handle authorizations).
- Ketamine for at-home treatments is often not covered and may be out-of-pocket; our team will review costs and pharmacy coordination before you start.
- Individual, series-package, and membership pricing is shown when you book, ask us and we'll walk you through the options.

Frequently Asked Questions

Is ketamine FDA-approved?

Ketamine is FDA-approved as an anesthetic; its use for mental health and pain is off-label, a common and evidence-supported practice. SPRAVATO (esketamine) is FDA-approved specifically for treatment-resistant depression and for depression with suicidal thoughts.

Will it cure my depression or pain?

No treatment can guarantee results, and responses vary. Ketamine is one part of a broader plan and works better for some people than others. We measure your progress with symptom scores and your own experience, and adjust as we go.

Can I drive or work afterward?

No. Do not drive, operate machinery, or make important decisions on a treatment day. For at-home doses, avoid driving for at least 6–8 hours; after an in-clinic infusion, avoid driving for 24 hours.

Is ketamine addictive?

Ketamine has abuse potential if misused. We prescribe controlled doses with careful screening and monitoring, and ask you to follow your plan exactly.

Can I take it with my other medications?

Some medications interact with ketamine. Tell us about all prescriptions, supplements, and substances you use so we can assess safety. Avoid benzodiazepines, opioids, alcohol, and marijuana around treatment as directed.

What about therapy?

We strongly recommend pairing ketamine with psychotherapy and offer integration coaching. Combining the two improves both how well and how long treatment works.

Your Next Step

If you're ready to find out whether ketamine therapy or SPRAVATO is right for you, the next step is a consultation. We'll review your history and goals, answer your questions, and build a plan around you.

Book your consultation

Call (801) 335-5243 • nervanamedical.com/contact

8899 South 700 East #125, Sandy, UT 84070

Hours: Mon–Tue 9–6 · Wed 9–7 · Thu–Fri 10–6 · Sat–Sun closed

Learn more

- [Ketamine therapy](#): in-clinic infusions and injections
- [At-home ketamine treatments](#): troche and intranasal programs
- [SPRAVATO® \(esketamine\)](#): insurance-covered, in-clinic care

This packet is for education only and is not a substitute for medical advice, diagnosis, or treatment. Ketamine for mental health and pain is prescribed off-label based on clinical judgment. All treatment requires evaluation and approval by a Nervana Medical provider. Please discuss your individual situation, risks, and alternatives with your provider before beginning treatment.