

Ketamine Pre / Post Care Instructions

Before your appointment

- Please have someone available to drive you home after the infusion
- Plan to be at the clinic 1.5 hours minimum for a 40 min infusion or for 5 hours for a 4 hour infusion
- Please do not eat 8 hours prior to the infusion
- You may drink 2 hours prior to the infusion
- Avoid benzodiazepines (for example Xanax and Ativan) and marijuana the day of your procedure
- Do not take opioid pain medications 6 hours before the procedure

We recommend that you find a soothing music playlist to listen to during your infusion as this helps with calming effects. We recommend music specific for psychedelic therapy. You are welcome to bring your own headphones, eye mask and blanket as well though we will have all of these accommodations should you need them.

After your appointment

Ketamine infusions will cause some sedation and impair motor function and decision making. There are some special Instructions after the infusion:

- Avoid driving for at least 24 hours following your infusion. You must have someone available to drive you home after your infusion.
- Avoid making important decisions for 24 hours following your infusion
- You may remove the bandage over your IV when you get home unless otherwise specified
- You may eat your usual diet and take fluids after your infusion unless otherwise specified
- Avoid taking opioid pain and benzodiazepine (ex. Ativan, Xanax) medications (ex. Hydrocodone/oxycodone) for at least 4 hours after the infusion. Avoid alcohol and marijuana the entire day of your infusion and for 24 hours after an infusion.
- Ketamine infusions may help with your depression and pain, but are not intended to be a substitute for regular care by your mental health or primary care professional. Therefore, maintain any regularly scheduled visits with your primary care physician, psychiatrist, and /or therapist. If you have thoughts of suicide or any medical emergencies, call 911 or go directly to an emergency room and contact your mental health professional and / or primary care physician.
- It is possible to experience an allergic reaction after the infusion. Please report to your primary care provider a new rash and itching that occurs soon after. Report to the ER Shortness of breath, feelings of airway closing, difficulty swallowing, chest pain, changes in level of consciousness or any other concerning signs or symptoms.
- If there are any questions or concerns feel free to call or email the clinic