



## What you need to know about Ketamine-assisted Psychotherapy

Before you agree to this treatment, you should understand its purpose and the process it will involve. You should know the potential risks and benefits you might receive. Read the information below and feel free to discuss it with your provider, family and/ or friends. Ask a nurse or care provider if there is anything that is not clear, or if you would like more details. Take your time to decide.

### What's Ketamine?

- Ketamine is a controlled, FDA approved medication for anesthesia.
- Ketamine is used, at less than half the dose, for mental health conditions such as anxiety, PTSD, Treatment-Resistant Depression, but it is not FDA approved for this indication. It's used 'off-label', which means at the physician's discretion, but not necessarily according to the printed instructions on the label. More than 75% of psychiatrists use medications off-label. Treatment-resistant depression means that a patient has failed 2 adequate trials of 2 different FDA approved antidepressant medications.

### What are the Benefits?

- Ketamine may improve severe depressive symptoms including sadness, anxiety, suicidality, and helplessness.
- Ketamine alters chemicals in the brain and may produce a more rapid antidepressant effect than typical anti-depressants.

- Patients should start to receive an antidepressant benefit from a single dose within 40-120 minutes. This is unique because most oral antidepressants require weeks before taking full effect.
- The real value of the Ketamine effect is in using it to access and integrate troublesome memories and thought patterns.
- The duration of effect is patient specific. We will optimize outcomes through a process of ongoing monitoring and care.
- The dose of the Ketamine is also patient-specific. It's based on weight, but there are other factors

### **Procedure**

- Prior to the administration of ketamine, some medical tests may be required.
- Do not use ketamine if you believe you are pregnant.
- You will have your weight measured prior to the session. Ketamine dosing for depression is weight-based
- The injection is given into a large muscle such as hip or arm. This route tends to have fewer side-effects compared to an IV administration.
- Patients are observed for 2 hours with periodic assessments at 15-min intervals. There will be an evaluation of the injection site for any signs of an adverse reaction (redness, swelling, itching). The nurse will look for disorientation or any unusual perceptual sensations and your vital signs will be taken.

### **Side Effects/Risks**

Common (between 1 and 10% of patients)

- Temporary increase in heart rate and blood pressure
- Shallow breathing
- Blurred vision
- Dizziness
- Nausea
- Reduced coordination
- Reduced concentration

- Slight temporary pain at the injection site

Rare (between 0.1 and 1% of patients)

- Spasms or tremors
- Hallucinations
- “Out of body” experiences, altered time perception
- Confusion/altered mental status
- Laryngospasm (difficulty with speaking or breathing)
- Ketamine is a potential drug of abuse and dependence and tolerance can occur with recreational use

### **Patient Instructions:**

On the day of the session:

- Take your usual medicines in the morning.
- Avoid sedating medicines including sedatives or pain medicines on the day of the injection.
- **Do not drive** on the day after receiving ketamine.
- Avoid conducting major business transactions, assume child, make any important decisions the remainder of the day.
- Refrain from alcohol or other substances 24 h before or for 24 hours after the injection.

The session itself:

- Your intramuscular ketamine treatments will occur at EpiphanyClinic LA; 111 North Larchmont Blvd, Los Angeles.
- Treatment lasts for 45 minutes, followed by 60 minutes of nursing observation.
- You will check in to the clinic at your appointment time and will meet with the nurse and the therapist to ask any questions prior to the procedure. You will then be brought to the procedure area where the nurse will be administering the medicine.

After the session

- You are encouraged to not drive to or from the appointments as there may be some sedation and confusion. Your driver may wait in the designated area. You will be reunited with them after your treatment.
- Do not use any alcohol or any illicit drug throughout the course of ketamine treatments.
- You may take your regularly prescribed medications at the usual times on the day of treatment. In some cases, the physician may ask you to avoid taking a particular medication based on a potential side effect with ketamine.
- The physician may request that you take a medicine that you may not normally take, such as Clonidine, prior to treatment to reduce anxiety.
- Please do not start any new complementary or alternative medicines a week before or 2 days after.
- If you should have any significant abnormal reaction after you leave the clinic, please call Dr. A Ocana at 604-803-8513 or contact emergency services if there is an urgent medical problem.

**Patient Follow-Up Instruction**

- Book your psychotherapy integration within a week of your psychedelic session
- Email us if you have any questions
- Call us if you have an urgent concern

**Instructions reviewed and copy/ link given to patient and/or responsible other.**

Signed by Patient/Responsible

Other:\_\_\_\_\_

Date:\_\_\_\_\_

Provider's Signature:

\_\_\_\_\_ Date:  
\_\_\_\_\_

Print this form and bring it to your first session.