

Patient Follow-Up Instruction Sheet for Outpatient Ketamine

You will be scheduled for 6 to 10 intramuscular ketamine treatments to be administered in the outpatient psychiatry area. The estimated date for the first treatment is _____. A common course of treatment involves 6 treatments over 2 to 3 weeks, followed by a weekly injection for 4 weeks. Each treatment will consist of a 1-and-a-½-hour period of nursing observation for intramuscular Ketamine and a 2-hour period of observation for Spravato (Esketamine).

You will check in to the outpatient psychiatry area at your appointment time. You will then be brought to the procedure area to meet with a provider who will be administering the medicine.

You are encouraged not to drive to the appointments as there may be some sedation and confusion that can occur with treatments that may make it dangerous to operate a vehicle. Your family, friend, or driver may wait in the designated outpatient psychiatry waiting area. You will be reunited with them after your treatment and when you are alert with stable vital signs and ready to return home.

Do not use any alcohol or any illicit drug throughout the course of ketamine treatments. If you are feeling sick or unwell with an acute illness, the ketamine appointment may need to be rescheduled. If you have another procedure scheduled on the same day with another provider that involves some type of anesthesia (such as a dental procedure or endoscopy), the ketamine appointment may need to be rescheduled. Please contact the clinic to be rescheduled.

There may be routine lab work required prior to starting ketamine.

You may take your regularly prescribed medications at the usual times on the day of treatment. In some cases, the psychiatrist may ask you to avoid taking a particular medication based on a potential side effect with ketamine. Also, the psychiatrist may request that you take a medicine that you may not normally take prior to treatment to reduce the risk for side effects. Please do not start any new complementary or alternative medicines prior to speaking with the psychiatrist in the ketamine clinic.

Specific medication recommendations:

1. _____ 2. _____ 3. _____ 4. _____

If you should have any significant abnormal reaction after you leave the clinic, please call Connect at 540-981-8181 or contact emergency services if there is an urgent medical problem.



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PATIENT IDENTIFICATION