

Ketamine Instructions

To optimize the positive outcomes of Ketamine Assisted Services please follow these specific steps before, during, and after each treatment:

Days and hours before the Ketamine Treatment

- Work to remove as many stressors from day-to-day life as possible.
- Work with a therapist, coach, or guide to do “intention” sessions before treatment. Decide ahead of time whether or not they will also meet with you during the ketamine sessions, as well as how often you’d like to meet in between the ketamine sessions.
- *Avoid alcohol or the use of any illicit drugs. Combining either with ketamine is extremely dangerous.*
- Talk with your medical provider about not taking benzodiazepines or any prescribed opioids on the day of treatment.
- For your mind and body to fully benefit, please refrain from alcohol and recreational drug use for several days before your appointment.
- Get a good night’s sleep before your scheduled treatment.
- Plan to have time to relax between the ketamine infusion and returning to work/ previous activities-- do not plan on returning to work the day of the treatment.

Alongside ketamine administration, therapy and coaching sessions are offered before and after the treatment sessions to foster lasting positive changes. These sessions provide an opportunity to delve deeper into mental health and relational concerns, establish meaningful intentions, and process the symbolic imagery experienced during the ketamine journey. By working collaboratively with providers, individuals can interpret and explore the deeper meanings of their experiences, paving the way for practical and sustainable actions based on newfound insights. This comprehensive support system empowers individuals to integrate their ketamine experiences into their growth journey and implement transformative changes for long-term well-being.

Immediately Before the Ketamine Treatment

- If recommended, take prescribed anti-nausea medication (Zofran/Ondansetron) to help alleviate nausea.
- Settle your mind as much as possible to enter a state of relaxation. Allowing 30-60 minutes of quiet time before treatment is a good practice.
- Dress comfortably.
- Avoid solid foods and milk for 4 hours before your ketamine treatment. Please stay hydrated--clear liquids are permitted (water, fruit juice without pulp, carbonated beverages, tea, and black coffee) until the time of your treatment.
- **Avoid alcohol or the use of any illicit drugs. Combining either with ketamine is extremely dangerous.**
- Bring a water bottle and a small blanket. People tend to get cold. Bring any other tokens or meaningful items you may have discussed with your therapist, coach, or guide ahead of time.

During the Ketamine Infusion

- When treatment begins, you will most likely enter a dream-like state and may have some time perception distortion and disassociation. You will not fall asleep. Many people report feeling relaxed within a few minutes.
- During the treatment, you may feel lightheaded, this is normal, and the feeling will pass.
- For those who are administering the ketamine at home, we will expect someone to be with you during the treatment.*

After the Ketamine Infusion (until the following day)

- Ketamine services are outpatient procedures. Most people can leave immediately afterward. A recovery area is available after your treatment if you need additional time.
- You are required to have a driver. It is unsafe to drive for 12 hours after a ketamine treatment. If you have not arranged a ride, we will not provide treatment
- For those who are administering the ketamine at home, we will encourage you to have someone available for several hours to help out.*
- Plan a healthy meal for afterward that will be easy to digest. Make sure that any nausea or dizziness has subsided before you eat.
- You will get the most benefit from ketamine as a psychedelic medicine if you also avoid alcohol and illicit drugs for 48-72 hours after the procedure, as the brain is the most malleable and open to change following a psychedelic medicine during that 72 hr window.
- Do not participate in activities that require you to rely on motor skills or memory, and limit major decision-making for about 12 hours after ketamine treatment.
- Ensure that you are free of obligations or appointments on the day of your ketamine therapy. A comfortable, stress-free space to decompress and rest after sessions is crucial for a successful session.
- Limit exposure to news and media as much as possible 2-3 days after a session. Ketamine makes us extra open and vulnerable to outside influences. Protecting your mental and emotional well-being is very important.
- Resume all of your normal medications.
- Difficult emotions or feelings can surface following ketamine sessions. Make sure you are asking for help and support from your support system.
- You can resume all normal activity the following morning after a session.
- Practice grace and self-care following sessions. This time is different for everyone. We suggest meditation, time in nature, journaling, and fulfilling hobbies.
- Follow up with your medical provider at the time determined.

**at this time all treatments will take place in our office with one or more of our providers present.*