



### **Instructions Prior to your ketamine treatment:**

- Schedule Ketamine consult with one of our Providers.
- Have your Primary Care Provider fill out a physical evaluation form **1 week** prior to your 1st treatment.
- Obtain baseline CMP 72 hours prior to 1st treatment.
- Females will be asked to submit a urine sample for a pregnancy test prior to your first treatment and every 2 weeks thereafter.
- You may not eat or drink **8 hours** before the treatment, water is the only exception. You may drink water up to **2 hours** before the treatment. Unless otherwise specified, you may eat your usual diet and take fluids after your treatment.
- You may **NOT drive a car**, operate hazardous equipment, or engage in dangerous activities for at least **24 hours** after each treatment as reflexes may be slow or impaired. Another adult will need to drive you home and must be present prior to your discharge up after each treatment.
- 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. You must tell the clinic about all medications you are taking.
- You will be asked to complete Beck depression, and anxiety at the time of each treatment session.
- Bring music/book/tablet/reading materials. Avoid phone calls, but you may text.
- Ketamine is not covered by insurance.