

**Preparing for your ketamine infusion on \_\_\_\_\_:**

- Plan to be at the clinic for 1.5 – 2 hours.
- Your last meal (heavy or greasy food) should be at least 8 hours prior to your scheduled infusion time. A light snack (non-greasy) can be eaten 6 hours prior. You may drink clear liquids (such as apple juice, broth, sports drink, tea/coffee without milk/cream) up to 2 hours prior to your infusion.
- Please drink a glass of water 2 hours before your scheduled infusion.
- Take your regularly scheduled medications EXCEPT:
  - No opioid pain medications (i.e. hydrocodone, oxycodone, etc) or benzodiazepines (i.e. Ativan Xanax) within 2 hours of your infusion.
  - Obtain special instructions if you are diabetic.
  - Bring your inhaler (albuterol) if prescribed for asthma, COPD or other respiratory problem.
- No chewing tobacco within 6 hours of your infusion.
- No smoking/vaping within 2 hours of your infusion.
- No alcohol for 24 hours prior to infusion and 24 hours after the infusion.
- No illegal substances before, during, or after infusions. Random drug screens may be required.
- Wear a short sleeve shirt or tank top. A sweatshirt with a full-front zipper or cardigan sweater can be layered.
- You may want to bring one, or more, of the following:
  - Reading material: book, magazine
  - Phone/tablet:
    - Meditation app (Headspace, Insight Timer, Calm)
    - Music playlist (comforting music)
    - Downloaded movie
  - Texting is permitted. No phone calls, please.
  - Eye mask.
- An adult must drive you home. You will need to provide their name and phone number prior to your infusion.
- Keep all regularly scheduled visits with your primary care provider, mental health provider, or any specialists. Although, ketamine may help your depression, pain or other symptoms, it is not a substitution for your regular care.
- If you have thoughts of hurting yourself (suicide) or others, call 911 or go directly to the emergency room.
- The telephone number to Harmony is 304-460-5123 ext 1.

• Special instructions: \_\_\_\_\_