**Ketamine Information and Consent Form**

What should I expect?

A practitioner from our care team will encourage you to set an intention for the treatment during the beginning of your session. Intentions can help support the treatment process through deepening your personal inquiry and helping you remain focused on your present-time goals. Something that is very present for me right now is. . . I'm curious about. . . I'm inspired to explore. . . I'm ready to let go of. . . In this moment, I deeply desire and long for. . . I am choosing to. . .

Your treatment session will last around an hour and a half to two hours. During this time, you may be encouraged to relax into the feelings and sensations you are experiencing or engage in coaching-style conversation. This is a patient-directed experience- you take the lead.

Some feelings and sensations that patients report are:

1. increased heart rate
2. feelings of relaxation
3. nausea
4. dissociation, feeling disconnected from yourself or from space or time
5. sedation
6. faint or dizziness
7. spinning sensation
8. anxiety
9. slower breathing

There is a risk for abuse and misuse of ketamine which could lead to physical and psychological dependence. Tell your healthcare provider if you have ever abused or been dependent on alcohol, prescription medications, or street drugs.

As with any treatment for depression, a patient may experience increased suicidal thoughts or actions. This is most often seen patients 24 years of age and younger. Tell your healthcare provider if you experience any of these thoughts.

Ketamine affects everyone differently, and we will be present for the session to help you process the experience in a way that will be the most fulfilling to you.

Do not take ketamine if you:

1. have blood vessel (aneurysmal vascular) disease (including in the brain, chest, abdominal aorta, arms and legs)
2. have an abnormal connection between your veins and arteries (Arteriovenous malformation, AVM)
3. history of bleeding in the brain
4. have a known allergy to ketamine or Spravato

Tell your healthcare provider if you have any of the following medical problems:

1. heart or brain problems including high blood pressure
2. fast or slow heartbeat that causes shortness of breath, chest pain, lightheadedness or fainting
3. history of heart attack
4. history of stroke
5. heart valve disease or heart failure
6. history of a brain injury or condition which increases pressure in the brain
7. liver problems
8. Psychosis (see feel or hear things that are not there or believe in things that are not true)

9. are pregnant or planning to get pregnant
10. our breast-feeding or plan to breast-feed

Some suggestions we can offer are to bring the following items to your session:

1. Comfortable Clothing.
2. Blankets.
3. Journal. Some patients like to write down any insights or notes during the session so that they can reference it at a later time.
4. Personal set of headphones.
5. You may want to bring eye-shades or noise cancelling headphones to minimize external distraction and to keep you focused on... you.)
6. 'film breath freshener'

What Safety Precautions Must You Take?

1. It is recommended that you refrain from eating 4 hours before your take the medication and refrain from drinking fluids 1 hour before you take the medication. You may drink water.
2. You may NOT drive a car, operate hazardous equipment, or engage in hazardous activities for at least 6 hours after each treatment as reflexes may be slow or impaired.
3. You must refrain from alcohol prior-to and following ketamine administration.
4. You must refrain from other illegal substances during your ketamine treatment.

You must tell the clinic about all the medications you are taking, especially narcotic pain relievers, benzodiazepines, barbiturates and muscle relaxers.

What Are The Possible Side Effects of Ketamine?

Possible side effects may include and are not limited to:

1. fast or irregular heartbeats-increased or decreased blood pressure
2. vivid dreams-confusion-irritation or excitement sensation ("out-of-body")
3. constipation
4. blurry or double vision-twitching, muscle jerks, and muscle tension-nausea or vomiting-memory changes
5. urinary frequency
6. increased saliva or thirst
7. lack of appetite
8. headaches
9. metallic taste
10. feeling anxious
11. nausea or vomiting
12. feeling drunk
13. feeling very happy or excited

Rare side effects of ketamine are:

1. allergic reactions
2. increase in pressure inside the eye
3. inflammation in the bladder
4. respiratory complications
5. hallucinations
6. euphoria
7. involuntary eye movements

low mood or suicidal thoughts

What Are The Possible Food/Drug Interactions with Ketamine?

1. Do not eat grapefruit or drink grapefruit juice in conjunction with oral ketamine usage

For any medication side effects, please inform your provider prior to taking

Our team is here to support you and are open to any suggestions before, throughout, and after your experience to best meet your individual needs. Thank you again and please feel free to reach out at any time with any questions.

I will guard the medication like it is cash.  I will only use this in the doctor's office and not share it with anyone.

_____/_____ __/__/____ _____/_____

Patient Name and signature Date Staff name and signature

_____/_____ __/__/____

Witness/ relationship Date