



## KETAMINE GUIDELINES

Ketamine is a dissociative anesthetic that has been found to have substantial impact on depression. It has been used clinically for several years but has recently been reformulated into Esketamine and made into intranasal spray called Spravato. Because Spravato has been difficult for many to obtain, we are working with University Compounding Pharmacy to make Ketamine available for patients to get the benefits from Ketamine.

Please know that Ketamine is not the same as Esketamine. Ketamine, through University Compounding Pharmacy, will be cash-pay. The majority of prescriptions will be approximately \$100 (varies based on dose, etc.) per month.

Ketamine should be used as follows:

- 1) Do not initially use Ketamine when you are alone, have someone with you who can help you should you not be able to help yourself. Once you feel you are familiar with the experience, it will be up to your judgement whether you can safely self-administer this at home alone.
- 2) Do not attempt to do anything of any significant effort for the 3 hours following taking Ketamine.
- 3) DO NOT DRIVE or operate heavy machinery while under the effects of Ketamine. Plan to not drive for at least 5 hours after ingestion.
- 4) Be in a relaxed position in a relaxing location. You may want to play some light ambient music or use dimmed / soft lighting.
- 5) You may want to make use of headphones and / or a blindfold to help block out unwanted sensory stimuli during your experience.
- 6) Some patients do report nausea. You can pre-medicate with some Ginger (natural anti-nausea properties), but it may be wise to have a wastebasket etc. nearby in case you are overcome by nausea.
- 7) Do not mix ketamine with alcohol or benzodiazepines such as Xanax, Ativan, Klonopin, Valium. To further elaborate, this means 6 hours prior to and/or after consumption of Ketamine.

The experience of Ketamine will vary from person to person. Some people report that they feel as if they are intoxicated on alcohol while other find it to be far less impactful on their

level of alertness or awareness. Please do not adjust your own dose beyond the parameters discussed with your provider.



## KETAMINE PROTOCOL

Using 100mg troches

Phase 1, Weeks 1 – 2:

- Start with just a single 100mg troche.
  - If 100mg seems to give good results, you may continue on the 100mg every 2 days for 2 weeks.
  - If 100mg is not enough, increase to 1 and ½ of the 100mg troches on your second dose.
    - If 150mg is adequate, continue the 150mg dose every 2 days for 2 weeks.
    - If the 150mg dose is not adequate, raise to 2 of the 100mg troches at your next dose time.

Phase 2, Weeks 3 – 4:

- Continue the same dose that you ended up on phase 1.
  - Change dosing to once every 3 days.
    - If your dose is not adequate to keep you in a good place for the time between doses, raise by ½ troche.
    - If you are already on 200mg coming into week 3, but it does not keep you sustained, raise to 2 and ½ troches, but let us know when you start to run low on your troches so we can refill it.
  - Remain at the finally achieved dose once every 3 days for the remainder of these 2 weeks.

Phase 3, Week 5 and beyond:

The goal of this phase is to find the right maintenance dose and frequency. Ideally, you would be taking the lowest dose needed at the least frequency necessary to sustain the desired benefits. Note that this dose may end up being the same dose achieved in phase 2 and the frequency may remain at every 3 days, but attempting a reduced frequency is always an option. The dose and frequency can change as symptoms change as well (higher for winter, etc.)

If the troches are problematic for any reason, we can change to a nasal spray, but higher doses may be problematic for nasal irritation.

Note: This is a starting point protocol, but adjustments can be made on individual experience.

5/24/2021



## KETAMINE TREATMENT CONSENT FORM

I have read and understand the Ketamine Treatment Guidelines and will adhere to all treatment requirements to be prescribed Ketamine, including the following.

Ketamine should be used as follows:

- 1) Do not initially use Ketamine when you are alone. Have someone with you who can help you should you not be able to help yourself. Once you feel you are familiar with the experience, it will be up to your judgement whether you can safely self-administer this at home alone.
- 2) Do not attempt to do anything of significant effort for 3 hours following taking Ketamine.
- 3) Be in a relaxed position in a relaxing location. You may want to play some light ambient music or used dimmed / softer lighting.
- 4) You may want to make use of headphones and / or a blindfold to help block out unwanted sensory stimuli during your experience.
- 5) Some patients do report nausea. You can pre-medicate with some Ginger (natural anti-nausea properties), but it may be wise to have a wastebasket or other receptacle nearby in case you are overcome by nausea.
- 6) Do not mix ketamine with alcohol or benzodiazepines such as Xanax, Ativan, Klonopin, Valium. Do not mix with opiates, opioids, or illicit substances.

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Patient Name (Print)

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Date

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Patient Signature

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Witness

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Credentials

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Date

5/24/2021