



## Post Ketamine Treatment Instructions

Ketamine causes some sedation and impaired motor function and decision making for a period of about 12 hours after treatment. There are some special Instructions after the treatment:

1. Avoid driving for at least 12 hours following your treatment. You must have someone available to drive you home after your treatment.
2. Patients tend to be very relaxed/sleepy after treatment therefore, do not commit to any obligations after treatment, especially work.
3. Avoid making important decisions for 24 hours following your treatment.
4. You may eat your usual diet and take fluids after your treatment unless otherwise specified.
5. Avoid taking opioid pain and benzodiazepine (ex. Ativan, Xanax) medications (e.g. Hydrocodone/oxycodone) for at least 4 hours after the treatment. Avoid alcohol, marijuana the entire day of your treatment and for 24 hours after the treatment.
6. Ketamine treatments may help with your depression and pain, but are not intended to be a substitute for regular care by your mental health or primary care professional. Therefore, maintain any regularly scheduled visits with your primary care physician, psychiatrist, and /or therapist. If you have thoughts of suicide or any medical emergencies, call 911 or go directly to an emergency room and contact your mental health professional and / or primary care physician.
7. Allergic reactions are extremely rare, but if after the treatment you are experiencing itching from a new rash, shortness of breath, feelings of airway closing, difficulty swallowing, chest pain, changes in level of consciousness or any other concerning signs or symptoms, call Dr. Chilcott at 707-548-6825.
8. Take emotional and physical care of yourself before and after each ketamine session.

## Below are some suggested activities following the days after treatment:

- Talk with your therapist approximately 1-2 days after treatment
- Engage in light exercise and eat healthy meals
- Practice meditation or other relaxation and mindfulness techniques
- Journaling
- Walks or time spent in nature
- Talk with supportive friends and family
- Avoid negative media

