



## Pre Ketamine Treatment Instructions

# How to Prepare for Your Ketamine Sessions

Below are some recommendations to ensure an optimal treatment session:

1. **Arrange for safe transportation to and from the clinic.** You will not be allowed to depart the clinic alone. You may use a ride service or taxi, but you may not walk, ride a bike, or drive a vehicle from the clinic. Clinic staff will escort you to your safe transportation after your session.
2. Wear comfortable clothing that is loose and layered. Consider slip-on shoes and fuzzy socks.
3. Ensure a minimum of 8-10 hours sleep the night before.
4. **Fast** for at least 4 hours prior to your Ketamine session. Water is ok.
5. Think about your intention or what you want to explore during your session. Think about how you would like life to feel as a result of the progress that you may make. Journal these thoughts before each session.
6. Please avoid alcohol, cannabis, opioids, NSAID pain relievers, stimulants, sedative hypnotics, and muscle relaxants for 48 hours prior to your session unless otherwise prescribed by your MD and cleared by our clinic medical staff.
7. Refrain from using any other psychedelics for 7 days prior to and after your ketamine session.
8. Expect to be in the clinic for about 2-3 hours.

## Items to Bring:

- A comfort item such as your favorite blanket, stuffed animal, essential oil or a pillow.
- Eye shade/eye cover that you love. We have eye shades that you may use and take home as well.
- Journal or coloring book
- Sunglasses
- Water bottle

