



Ketamine Patient Instructions

Before the Infusion:

- Nothing to eat or drink for 4 hours before scheduled infusion
- Medications are ok to take as long as they are taken 2 hours before scheduled infusion, with small sips of water
- Tell your doctor about any new medications you are taking since your last visit with Integrative Psychiatry
- If you need to take a drug test for any reason (job, school, etc.), please inform us and we will provide a note saying you are receiving ketamine treatments with us

During the infusion:

- You may feel strange or like you are having an "out of body experience" (this is normal)
- You will be monitored closely during your infusion
- Doctors will be available if need be during the infusion

After the Infusion:

- You will need a ride home, please have this arranged before your infusion starts
- Do not plan to do anything important or make important decisions on the day of your treatment as you may feel sleepy, out of it, or not yourself

Please let us know if you
have questions or concerns!
Office number: (502) 327-7701



Ketamine Caregiver Instructions

Before the Infusion:

- Your loved one receiving the infusion must not eat or drink for 4 hours before scheduled infusion
- Medications ok to take as long as they are taken 2 hours before scheduled infusion, with small sips of water

During the infusion:

- Please wait in our waiting room for your loved one as they are receiving their infusion
- Feel free to let us know if you have any questions

After the Infusion:

- Your loved one may be “loopy” or not act like themselves after the infusion (this is normal)
- You must drive them home. They should not operate a vehicle of any kind after the infusion
- It may take them a while to return to their baseline or act like themselves again
- Do not let your loved one make major business/life/personal decisions the day of receiving their infusion

Please let us know if you
have questions or concerns!
Office number: (502) 327-7701