

## How long and often are ketamine infusion sessions?

Total \_\_\_\_\_ weeks of IV ketamine treatment.

\_\_\_\_\_ days per week of IV ketamine treatment.

\_\_\_\_\_ hour(s) each IV ketamine session.

The frequency and the number of infusion sessions may vary for each person and will be decided on a case-by-case basis with your doctor.

## Getting ready for ketamine infusion session

- Please leave any valuables at home.
- Have a light snack or breakfast prior to treatment.
  - A heavy meal is not advisable as nausea is a potential side effect.
- If you are an outpatient, you are responsible for arranging transportation to and from the appointment.
  - As per the Criminal Code (Canada), driving is prohibited with any detectable level of ketamine within two (2) hours of driving.

Avoid driving for 14.5 hours after an IV ketamine infusion session.

Write down any questions you have about IV ketamine infusion therapy

---

---

---

---

---

---

---

# Ketamine Infusion therapy for treatment-resistant depression

Information for patient and families



### Contact Us:

For mental health concerns, call:  
1-877-303-2642

For medical emergencies, call: 911



## What is ketamine?

Ketamine is an approved medication that has been widely used as an anesthetic since 1970.

Ketamine is also known to have antidepressant effects and has been employed successfully for treatment of resistant depression.

## How does ketamine therapy work?

Ketamine stimulates nerve cells to restore connections within the depressed brain. For depression treatment, ketamine is given in much lower dose than when it is used as an anesthetic.

During ketamine therapy, these low doses of ketamine are administered very slowly through intravenous (IV) infusion.

## Who can receive ketamine therapy?

Adult patients (18 years or older) who have a major depressive episode and have not responded adequately to at least two adequate trials of appropriate antidepressants and one trial of an adjunctive agent or other neuromodulation therapies.

## Who should NOT receive ketamine therapy?

Some health conditions may increase the risk of IV ketamine therapy in some individuals. These include:

- Certain heart conditions
- Substance use disorders
- Pregnancy.

## What are the possible side effects?

- Dizziness
- Blurred Vision
- Headaches
- Nausea
- Vomiting
- Dry Mouth
- Short term elevated blood pressure
- Short term dissociative symptoms (during Infusion)
- Short term reduced cognitive function (during infusion).

The side effects are usually mild and short lived.

## Is ketamine therapy safe for me?

Before receiving ketamine therapy, you need a careful evaluation of your health. A pre-procedure evaluation may include the following:

- Complete medical history
- Physical examination
- Blood test
- Urine test
- Urine drug screen
- Electrocardiogram
- Vital signs and weight
- Mental health assessment.

Talk to your healthcare provider to see if you are at risk.

## What does a ketamine infusion session look like?

### Before the infusion session

- A staff member will welcome you and review the completion of the following:
  - Consent for treatment.
  - Pre-procedure evaluation.
- A staff member will ask you about the most recent medications taken.
  - The use of some medicines may interfere with the effectiveness of ketamine.
- A staff member will check your vitals (blood pressure, heart rate, respiration, oxygen saturation).

### During the infusion session

- Ketamine is administered using an intravenous (IV) catheter.
- Ketamine will be in an IV bag and infused over at least 40 minutes.
- A staff member will be with you to monitor your status.

### After the infusion session

- A staff member will assess your vitals and monitor you for 90 minutes.
- Please inform your doctor or the nursing staff if you are experiencing any side effects or anything unusual.