

Spravato and Ketamine Checklist

Items to bring to your treatment:

- Blanket
- Eye mask
- Headphone/Earbuds
- Music playlist on your own device (optional) - please see page on selecting music
- Prescription bottle of ondansetron

Day of Treatment:

Prior to Treatment:

- Take ondansetron 1 hour prior to your treatment session.
- Fast for 4 hours prior to treatment to help avoid nausea.
- Arrive at the treatment center 30 minutes prior to your appointment to reduce stress prior to the treatment.
- Do not take any opiates, stimulants, benzodiazepines, or other sedatives 6 hours prior to treatment.
- Take all of your normal medications except those listed above including blood pressure medication if prescribed.

During Treatment:

- Try meditation prior to your treatment for a few minutes and remember that whatever you experience is temporary. Focus on your breath, taking deep breaths in through your nose and out through your mouth. Count your breaths, repeat your intention for the treatment, or repeat a calming phrase to yourself, such as "peace" or "relax."
- Limit distractions: set phone to airplane mode and turn reminders off if you are using your phone to listen to music.
- You are welcome to have a supportive companion with you in the treatment room. Please make sure this person can be supportive and have them read the information included in this packet ("For Treatment Companions").

After Treatment:

- Listen to your body and do what you feel would be most helpful for you. You may want to take a nap or go to bed early. You may want to spend time with a friend or loved one. Consider talking with a friend or loved one about your treatment if you think it would be helpful, and if you do not feel like talking about it, don't.
- Do not make stressful or important plans after the treatment.
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Intentions for Treatment

Setting intentions for ketamine treatments can increase the potential benefits of the medication. These intentions allow you to focus on what you hope to achieve from the experience and create a more purposeful session. However, it's important to approach these intentions with caution and ensure that you are in a stable and grounded state of mind before exploring deeper or potentially challenging issues.

The intention-setting process can be a daunting task initially; however, the process becomes more accessible and intuitive as you become more comfortable with the treatments. Please remember that setting an intention does not guarantee that this will be addressed during your treatment, and it is important to let your mind take its own pathway during treatments.

Questions to ask yourself:

- What is my current state of mind and emotions?
- Are there any issues or challenges I am facing in my life?
- What do I hope to gain from the treatment session?
- What areas of my life do I want to explore?

Tools to use:

- Journaling can be a helpful exercise to clarify one's intentions. Answer the above questions and write down any thoughts or ideas that come to mind without judgement or making them perfect. Once you have a list of ideas, read through the list, and note the ones that resonate with you the most.
- Talk with your therapist or psychiatric provider before and after treatments for guidance.
- Meditation can be a helpful tool to help clarify one's intentions.

Choosing an Intention:

In the beginning, start with broad and positive intentions. These might include:

- o Feel more relaxed and at ease.
- o Experience a sense of inner peace.
- o Cultivate a greater sense of self-awareness.
- o Cultivate a greater sense of self-compassion.
- o Feel more connected with oneself and with others.

As you become more comfortable with the experience, you can start to set more specific intentions. These intentions might involve working on a particular issue or challenge in your life, such as anxiety around public speaking or relationship difficulties. However, it is important to approach these intentions with caution and to ensure that you are in a stable and grounded state of mind before exploring deeper or potentially challenging issues. We strongly recommend discussing specific intentions with your therapist before and after treatments for guidance.

Examples of more specific intentions:

- Work through feelings of anxiety or fear related to a specific situation or event.
- Gain clarity and insights into a specific issue or challenge in one's life, such as a difficult relationship or work-related stress.
- Explore and process traumatic experiences in a safe and supportive environment.
- Enhance creativity and problem-solving abilities by accessing a more open and expansive mindset.
- Cultivate a greater sense of purpose and direction in one's life, by exploring values and goals.

Selecting Music for Treatment

Some patients notice significant benefit from listening to music during treatment sessions and some studies support this as well. Music can allow for the experiential qualities of ketamine therapy to unfold and can provide the sense of a journey during a session. Below is a list of several Spotify playlist that have been used in these studies. We recommend starting with these playlists to experiment with what works best for your prior to making your own playlist.

<https://open.spotify.com/playlist/6q0rnAIIxokcRlu6vRJPNX?si=60306777697849cb>

<https://open.spotify.com/playlist/5KWf8H2pM0tIVd7niMtqeU?si=591708282a0743f4>

<https://open.spotify.com/playlist/2mT6LpOU4ipJ0BkoCigAiw?si=e28f664c2d6b40bf>

<https://open.spotify.com/playlist/3DIr6PXiR7s8W56WhLCeZb?si=1beb00cd8e344c38>

Make your own playlist:

- Tempo: Slow, mellow songs with slower temp can help to relax the mind and body
- Lyrics: avoid songs with lyrics that may be distracting or trigger negative emotions, in general avoiding lyrics tends to be best.
- Resonance: the ability for music to resonate with one's inner emotional state
- Openness: the experiences and imagery evoked by music

For Treatment Companions

- Cell phones should be in silent mode.
- Try to reduce stimulation in the room - avoid making loud noises or excessive movement around the room that might distract the patient.
- Try not to initiate conversation with the patient directly as they might be confused or surprised by the interaction.
- Patients can have a wide range of responses to ketamine, including excitement, confusion, become chatty, or going quiet.
- Patients might want someone to hold their hand during treatment, and, if the companion is comfortable, it is ok to provide that support.
- The patient might express how they are feeling during treatment or ask questions about who they are, where they are, or if they are alive. These are normal responses to the dissociative experience, so whatever happens, it is important for you to stay calm and supportive during the process.
- Offer reassurance if the patient is in distress. You might say:
 - you will be fine
 - that is normal
 - this will be temporary
- Staff will be available to help support patients who need it as well and to offer guidance during treatments.
- If you have questions or concerns, they are best addressed to the medical staff outside the room.
- It is normal to be curious about ketamine treatment and want to know more about what the patient is experiencing; however, the patient might not be willing or ready to discuss their personal thoughts or emotions, so it is best for companions to be patient and supportive. Do not take it personally if the patient is quiet or emotional. Avoid asking the patient what the “experience” was like, and avoid bringing up painful or difficult topics such as politics, family dynamics, money, employment, or trauma.
- It is best to make a plan ahead of time and be flexible to the patient’s needs after the treatment. Some patients want to go straight home and sleep after treatment, while others are fine or go out, eat, and socialize. Avoid asking patients to make big decisions for the rest of the day.