



## Welcome to IV Ketamine Treatment at The Remedy Mental Health

We're glad you're here. Below is a review of what to expect with IV Ketamine as well as important reminders to help you stay safe and get the most out of the treatment.

### What Is IV Ketamine?

Ketamine is a medication used to treat depression, particularly when symptoms have not improved with traditional medications. It is given through an intravenous (IV) infusion in a monitored medical setting at The Remedy.

### How is IV Ketamine administered?

- Ketamine is delivered through an IV infusion over approximately 40 minutes.
- You will be closely monitored during and after the infusion.
- Appointments typically last at least 90 minutes. Occasionally, visits may be longer, so we recommend allowing extra time in your schedule.

### IV Ketamine Treatment Schedule & Structure

- Typically, your treatment will start with **two infusions per week** for several weeks and then be spaced out more overtime. You will meet with your provider at least once per month to monitor your treatment response and update your treatment plan.

### What to Expect During Treatment

#### • Before the infusion:

- Do not eat for 2–3 hours prior to your appointment.
  - You may take medications with water and have a light snack (e.g., crackers or a granola bar) before that time.
- Arrive to your appointment a few minutes early to complete the required paperwork.
- You must arrange for a designated driver to take you home.
- You may bring a trusted adult support person with you if you would like.
- You may bring calming music (generally recommended to use music without words), a blanket, or an eye mask if helpful for relaxation.
- You may be offered medication to reduce risk of side effects, such as nausea.
- Your blood pressure, heart rate, and overall health will be checked before starting.

#### • During the Infusion:

- You'll be in a comfortable, quiet setting.
- Your vital signs will be monitored throughout the infusion.
- The infusion takes about 40 minutes to complete.
- You may experience temporary unusual sensations or feelings (see side effects below).



#### • **After the Infusion:**

- You will remain in the treatment room for at least 30 minutes for monitoring before discharge.
- For the next 24 hours, do not drive, operate machinery, or make critical decisions. In order to be discharged, you must have a designated driver to pick you up from your appointment.

#### **What are the side effects?**

Most side effects are mild, temporary, and occur mainly during or shortly after the infusion:

- Common side effects (usually resolve within 1-2 hours):
  - Feeling disconnected from your body or surroundings (dissociation)
  - Dizziness
  - Drowsiness or feeling sleepy
  - Nausea
  - Headache
  - Blurred vision
  - Feeling strange or unreal
  - Visual distortions
- Temporary increases in blood pressure and heart rate during treatment is common and usually doesn't require treatment.

#### **Important Reminders**

- Ketamine is most effective when used as part of a comprehensive treatment plan, which may include therapy and/or other medications.
- Keep all follow-up appointments so your provider can monitor your progress.
- Report any concerning symptoms or side effects to your healthcare team, such as urinary frequency or urgency.
- Do not stop or change other medications without talking to your provider.
- Avoid alcohol and non-prescribed substances during your course of treatment.
- Set an intention before each treatment, such as:
  - "I allow myself to feel and release emotions."
  - "I am open to seeing things differently."
  - "I am focused on healing."
  - "I am open to lightness and ease."
  - "I trust the process."

## **Questions or Need Support?**

**Call:** (952) 431-5330

#### **Patient Portal:**

Send us a message through your [patient portal](#)

**Email:** [info@theremedymn.com](mailto:info@theremedymn.com)

#### **Website:**

[www.theremedymn.com](http://www.theremedymn.com)