



Welcome to SPRAVATO® (Esketamine) Treatment at The Remedy Mental Health

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

What Is SPRAVATO®?

SPRAVATO® (esketamine) is an FDA-approved prescription nasal spray used to treat:

- Treatment-Resistant Depression (TRD)
- Major Depressive Disorder (MDD) with suicidal thoughts or behaviors

It is administered in a monitored medical setting under the supervision of a healthcare provider.

SPRAVATO® Treatment Schedule & Structure

- **Induction Phase:** Two treatments per week for 4 weeks (8 total treatments)
- **Maintenance Phase:** One treatment every 7–14 days, based on your response
- You will meet with your provider at The Remedy at least once per month to monitor progress and adjust your treatment plan as needed.

What to Expect During Treatment

• Before Treatment:

- Watch this informational video about how to use the nasal spray device:
 - <https://www.spravato.com/taking-spravato/>
- To reduce the risk of nausea and/or vomiting:
 - Do not eat for at least 2 hours before your appointment
 - Avoid liquids for at least 30 minutes before treatment.
- Avoid use of marijuana, THC, and CBD on treatment days.
- Avoid alcohol and non-prescribed substances during your course of treatment
- Take your prescribed medications unless instructed otherwise. Tell your provider if you start or stop a medication.
- If you use a nasal corticosteroid or decongestant, take it at least 1 hour before your SPRAVATO® treatment.

• During Treatment:

- Arrive to your appointment a few minutes early to complete the required paperwork.
- Your blood pressure, heart rate, and oxygen levels will be monitored.
- You may be offered medication to reduce risk of side effects, such as nausea.
- You will self-administer the SPRAVATO® nasal spray under the direct supervision of a healthcare provider in a private clinic room.
- You may bring a trusted adult support person with you.
- You may bring calming music, a blanket, or an eye mask if helpful for relaxation.



• After Treatment:

- You will remain in the treatment room for a little over 2 hours for monitoring before you are discharged.
- 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?

- The most common side effects of SPRAVATO® include:
 - Feeling disconnected from yourself, your thoughts, or your surroundings (dissociation)
 - Dizziness or a spinning sensation
 - Nausea or vomiting
 - Sleepiness or fatigue
 - Headache
 - Increased blood pressure
 - Reduced sensitivity or numbness
 - Feeling anxious
 - Feeling intoxicated or "different" than usual
 - Changes in mood, including feeling unusually happy or excited
- Tell your healthcare provider if you have trouble urinating, such as a frequent or urgent need to urinate, pain when urinating, or urinating frequently at night.

Important Reminders

- Keep all follow-up appointments so your care team can monitor your progress.
- Report any concerning or unusual symptoms to your provider.
- Do not stop or change any medications without speaking with your provider.
- Avoid alcohol and non-prescribed substances during your treatment.
- Set an intention before each treatment, such as:
 - "I allow myself to feel and release emotions."
 - "I am open to seeing things differently."
 - "Healing."
 - "I trust the process."
 - "Open heart, open mind"
 - "Gratitude"
 - "New beginnings"

Questions or Need Support?

Call: (952) 431-5330

Patient Portal:

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

Email: info@theremedymn.com

Website:

www.theremedymn.com