



KETAMINE TREATMENT PATIENT INSTRUCTIONS

At Bloom Mental Health we believe in a comprehensive approach to treating mental health, providing the latest in both natural and traditional therapies, to ensure we get you back on your feet in the healthiest, most efficient way possible.

ON THE DAY OF YOUR KETAMINE INFUSION:

- ★ BRING a blanket and Eye Mask with you.
- ★ Do not eat 3-4 hours before your infusion.
- ★ Avoid drinking liquids 30 minutes prior to infusion time.
- ★ Avoid coffee or beverages containing caffeine on infusion day.
- ★ No other stimulants day of session (i.e. Adderall, etc.).
- ★ No benzodiazepines (i.e. Valium, Xanax, Ativan, etc.), opioids (i.e. oxycodone, hydrocodone, etc.), or illicit drugs (i.e. heroin, meth, etc.) during the day of infusion. Call Dr. Webb first for any concerns around pausing any medications.
- ★ Talk with us about taking any medications (especially Lamotrigine because it can affect the ketamine experience) during the day of infusion.
- ★ No alcohol the day before or the day of your session.
- ★ If you are taking antihypertensive (blood pressure) medications, you may be advised to take an extra dose the day of your infusion.
- ★ Ensure you have a driver to take you home after your infusion. Public transportation or Ride Shares (Uber/Lyft) are acceptable.
- ★ Please do not drive or operate heavy machinery for 12 hours after your infusion.

Patient Signature: _____ Date: _____