

Ketamine Therapy at Therapeutic Alternatives

Informed Consent for Treatment

Ketamine has been associated with a decrease in anxiety, depression, bipolar, and PTSD symptoms, with results lasting days, weeks, or months. There is no way to predict how any single person will respond to ketamine therapy. These effects may not be long lasting and may require further treatments. Ketamine has not been approved by the FDA to treat mental health issues, this is considered off label use for this medication and can be administered by a licensed professional. All practitioners at the clinic are licensed and trained in administering ketamine.

1. PROCEDURE – KETAMINE THERAPY

An IV will be started by a licensed nurse practitioner in an extremity so you can receive ketamine, or you will receive an intramuscular (IM) injection. Your blood pressure, heart rate, and oxygen saturation will be measured at the beginning of treatment, and may be monitored throughout the infusion under the supervision of a nurse. The procedure will last for about an hour, you may be in the treatment room for up to 2 hours as you metabolize. If you need more time to metabolize at the end of the 2 hours, we may need to move you to a different room until you are ready to leave (during regular office hours). You will be monitored and offered support during the treatment, and given time to process your experience.

2. RISKS/SIDE EFFECTS

Risk of ketamine: Side effects normally depend on the dose and how quickly the ketamine is administered. The dose being administered is lower than anesthetic doses. These side effects often go away on their own as the ketamine metabolizes from your system. Ketamine fully metabolizes within 3-6 hours of receiving it.

Common side effects:

- nausea and vomiting
- dizziness
- blurred vision
- increased heart rate and blood pressure during the infusion
- hallucinations
- out of body experience during the treatment
- change in motor skills

Uncommon side effects: (Rare side effects, greater than 0.01% and less than 0.1%:)

- rash
- irregular or slow heart rate
- double vision
- arrhythmia
- pain and redness in the injection site
- low blood pressure
- increased pressure in the eye
- cystitis of the bladder: inflammation, ulcers, and fibrosis
- jerky arm movements resembling a seizure
- allergic reaction

These symptoms usually dissipate when the infusion is stopped or the ketamine is metabolized. If they are severe, another medication, such as a sedative can be used to treat the symptoms. **You should not drive the day of an infusion and can resume driving the following day.** Ketamine has a very short half life, and most side effects should dissipate within 24 hours or less.

Risks:

- Ketamine can cause various symptoms including but not limited to flashbacks, hallucinations, feelings of unhappiness, restlessness, anxiety, insomnia and disorientation.
- Due to the hallucinogenic qualities of ketamine, there is the possibility of having an uncomfortable experience, or a “bad trip”.
- The risk of venipuncture may include temporary discomfort from the needle stick, bruising, or infection. Fainting may also occur.
- Risk of discomfort in answering questionnaires about your mental health and drug and alcohol use.
- Risk of other medications interacting with ketamine. It is very important that you disclose all medications, both prescription and over the counter, that you are taking.
- Ketamine may not help your depression, bipolar disorder, or PTSD.

Risk Management

You must report any unusual symptoms or side effects immediately to the medical staff.

On the day of treatment, you should NOT engage in any of the following after the procedure:

-driving, if you have not arranged a ride, treatment will not be provided

-conducting business

-drinking alcohol or using drugs

-participating in activities which require you to rely on motor skills or memory

3. VOLUNTARY NATURE OF THE TREATMENT

You are free to choose to receive or not receive the ketamine treatment. Please tell the doctor if you do not wish to receive the treatment.

4. WITHDRAWAL OF TREATMENT

The medical provider has the right to stop the treatment at any time. They can stop the infusion with or without your consent for any reason. It is up to the medical provider's clinical judgment how much ketamine you will receive.

FINANCIAL AND CANCELLATION POLICIES

Insurance will not be billed for this treatment, a superbill for this treatment may not be accepted by insurance for reimbursement. Superbills available upon request, any further involvement with insurance is solely the patient's responsibility.

A \$100 deposit will be collected when your appointment is made. This will be refundable up to 48 hours before your appointment. You are required to cancel/reschedule your appointment at least 48 HOURS IN ADVANCE. This is necessary because a time commitment is made to you and is held exclusively for you. If you cancel or reschedule within less than 48 hours, you will be charged the \$100 fee, no exceptions.

If you are late for a session, you will lose that session time. Commencing sessions upon late arrival are up to the discretion of Therapeutic Alternatives, we do not guarantee that you will be able to have your session.

The credit card on file will be charged unless you make other arrangements before treatment. Fees are not billable through your insurance and are the responsibility of the client. Cancellation/no show fees must be paid in full before a client can reschedule a returning appointment.

Payment due at time of service. If you voluntarily refuse treatment at the time that was reserved for you, you will be responsible for the full fee. Package prices are non-refundable, and non-transferable, no exceptions.

Patient Consent

- I acknowledge that ketamine is not FDA approved for psychiatric treatment.
- I acknowledge that my taking part in this procedure is my choice and that I may decide not to take part or to withdraw from the procedure at any time.
- I acknowledge that the medical practitioner may stop the treatment without my consent or administer a sedative if my behavior requires it.
- I acknowledge that ketamine therapy may not help my anxiety, depression, bipolar, or PTSD. No guarantees or assurances have been made or given to me about the results that may be obtained.
- I acknowledge that I may have a difficult or uncomfortable mental and/or physical experience, (a “bad trip”).
- I acknowledge that I have not eaten in the last 4 hours.
- I acknowledge that I have access to the treatment room for 2 hours. If I need to stay longer, I allow myself to be moved to a safe, quiet area (applicable only during office hours.)
- I acknowledge that while a safe, supportive environment to process will be provided during and after the procedure, I understand this is not talk therapy nor integration. Staff will be on hand for support and processing the experience.
- I acknowledge that I will not drive or operate heavy machinery for the remainder of the day, and I have coordinated a ride. I acknowledge that treatment will be rescheduled if I don't have a ride.
- I acknowledge that ketamine is not a standalone treatment. I know that I am personally responsible for additional modalities and treatments if I feel they are necessary.
- I acknowledge that it is possible that there may be background noise during my session, and it is my responsibility to bring headphones and a way to listen to music.
- I understand I must check out with a staff member before leaving my ketamine session.
- I have had an opportunity to ask the nurse practitioner any questions about this treatment, and they have answered those questions to my satisfaction.
- The nature and possible risks of a ketamine treatment have been fully explained to me. The possible alternative methods of treatment, the risks involved, and the possibility of complications have been fully explained to me.
- I have notified the treatment team of any external or internal situations that may interfere with treatment (medication changes, significant life events, changes in health and/or health conditions, etc.). I have notified my doctor/psychiatrist/therapist that I am receiving ketamine treatment.

Aftercare Day of Treatment

Ketamine treatment is a deep, oftentimes emotional process. It is common to experience emotional and physical fatigue following a session. You may notice a change in emotional/mental states following treatments.

- Ensure that you are free of obligations or appointments the day of your ketamine therapy. It is crucial to provide a comfortable, stress-free space to decompress and rest after sessions.
- Limit exposure to news and media as much as possible 2-3 days after a session. Ketamine therapy makes us extra open and vulnerable to outside influences. Protecting your mental and emotional well-being is very important.
- If you are hungry following your session make sure that any nausea or dizziness has subsided and eat a nourishing meal. Resume all of your normal medications.
- Difficult emotions or feelings can surface following ketamine sessions. Make sure that you are asking for help and support from your support system,
- Do not drive, consume alcohol or drugs, or make important decisions after ketamine sessions. You are able to resume all normal activity the following morning after a session.
- Practice grace and self-care following sessions. This is different for everyone but we suggest meditation, time in nature, journaling, fulfilling hobbies, and limiting media consumption.
- We recommend seeing a therapist or life coach while you are working with ketamine. This can help you bring insight and clarity to what has come up for you during or after your sessions. Our team can provide recommendations for therapists or coaches upon request. You can also call our therapy office, Therapy Alliance, at 801-441-0023.

Please remember that our support does not end when you leave your appointment- we are available to assist you before, during, and after your treatment course. You will receive a follow-up call or text message within 72 hours of your initial appointment, questions and concerns can be addressed at this time.

If you wish to receive further support or address questions and concerns, feel free to contact us at **801-656-8281** by text or phone call. You will be connected with the appropriate staff depending on the nature of your request. All calls and texts will be returned during business hours (9:30am-5:30pm Monday-Friday) within 24 hours. **If you are experiencing an emergency situation please call 911 or 988. Therapeutic Alternatives does not provide talk therapy or emergency services.**