

# Ketamine Assisted Therapy – Medical Issues/Informed Consent

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1. Ketamine is an “off label” treatment that is being used to treat conditions such as a depression, addiction, PTSD, chronic pain and other psychiatric diagnoses. While off label, there is a growing literature that supports the use of ketamine to effectively treat these and other conditions. Ketamine is a Schedule III medicine that can be administered by IV, IM, sublingual, oral and intranasal routes.
2. Ketamine is a safe medication when used appropriately. There are however certain conditions that preclude the use of ketamine. These include: Moderate to severe hypertension (high blood pressure), congestive heart failure, history of stroke, sleep apnea, chronic obstructive pulmonary disease, increased intracranial pressure, and increased intraocular pressure. Ketamine should be used with caution in addiction, in some severe psychiatric conditions, and there is insufficient information about safety in pregnancy.
3. Medication issues:
  - a. CNS and respiratory depressants (e.g., benzodiazepines and opiates) – avoid concurrent use.
  - b. Antidepressants: Wellbutrin (bupropion) – avoid use on the day of ketamine treatment; SSRIs are generally felt to be safe; caution advised with MAOI’s (increased bp).
  - c. Stimulants such as Adderall and Ritalin should not be taken on the day of ketamine treatment. Caffeine should not be ingested for 4 hours prior to ketamine.
  - d. Anticonvulsants: Lamotrigine should not be taken within 24 hours of ketamine treatment as will reduce ketamine’s effects.
4. Ketamine – potential side effects:
  - a. Elevated heart rate and blood pressure
  - b. Nystagmus/blurred vision
  - c. Light headedness/dizziness
  - d. Nausea/vomiting
  - e. Dissociation
  - f. Sedation/fatigue
  - g. Anxiety
  - h. Hepatotoxicity
  - i. Headache
  - j. Bladder toxicity with chronic use
  - k. Cognitive problems with chronic use
  - l. Dissociation
  - m. Emergence of challenging psychological and emotional issues.
5. Because of the risk of nausea refrain from eating or drinking for 4 hours before a session. If your blood pressure is too high your session may be deferred. Driving or engaging in hazardous activities should be avoided for the rest of the day after a ketamine session.

I have read and understood the above, and consent to treatment with ketamine.

Name \_\_\_\_\_ Signature \_\_\_\_\_ Date \_\_\_\_\_