



Paperflower Psychiatry, LLC.

Medical Protocol

Interstitial Cystitis

Important:

- Hydrate with ~1L of water after ketamine infusion is completed.
- You will receive a prescription for Uribel to be taken 1-2 hours prior to treatments. (Caution: This will make your mouth very dry.)
- On the day of a treatment, take Prelief (2 capsules) and AZO as-needed for bladder pain flare ups (follow instructions on the box for dosing). Both are over-the-counter medications.
- Daily over-the-counter supplements:
 - Standard Aloe Vera Supplement – 1 capsule 3 times daily
 - Hyaluronic Acid 200 mg daily
 - Chondroitin 600 mg daily

Hypertension / Cardiovascular Conditions

Important:

- Blood pressure must be stable prior to treatment.
- Take BP medications as prescribed. If missed or blood pressure is elevated, treatment may be delayed.
- Avoid caffeine, stimulants, or decongestants on treatment days.
- Post-treatment, hydrate well and rest.

Asthma / Respiratory Conditions

Important:

- Bring your rescue inhaler to each appointment.
- Notify staff of any breathing difficulties or illness prior to treatment.
- Avoid heavily reclining during treatment if positional breathing is impacted.
- If you have active respiratory infection or wheezing, your appointment may be rescheduled.

Traumatic Brain Injury (TBI) / Concussion History

Important:

- You may be more sensitive to dissociation.
- Avoid bright lights, noise, and overstimulation post-treatment.
- Recovery time may be slightly longer.
- Support grounding and post-session integration with calm, structured environments.

Diabetes / Blood Sugar Instability

Important:

- Eat a small, balanced meal or snack 30–60 minutes before treatment.
- Avoid fasting before your session.
- We keep **glucose gel and juice** available if symptoms of low blood sugar occur.
- Monitor for dizziness, fatigue, shakiness—report symptoms immediately.



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Bipolar Disorder

Important:

- Mood stabilizer must be taken regularly to avoid risk of triggering mania.
- Notify staff of any past manic/hypomanic episodes.
- Post-treatment journaling or therapy is encouraged to monitor for elevated mood or impulsivity.
- We will start at lower doses and increase only with provider approval.

Bleeding Disorders / Anticoagulants

Important:

- Continue anticoagulant medications unless instructed otherwise.
- A small bruise may form after IM injection—this is usually normal.
- Firm pressure will be applied post-injection.
- Let staff know immediately if you notice excessive bleeding or bruising.

Schizophrenia / Psychotic Disorders

Important:

- Only stable patients with controlled symptoms are eligible for treatment.
- Notify us of any history of hallucinations or delusions.
- Let your provider know if you experience any new symptoms post-treatment.
- Dosing will be conservative and monitored closely.

Substance Use History

Important:

- Avoid alcohol, cannabis, benzodiazepines, or stimulants before and after treatment.
- Report any recent substance use honestly—it won't disqualify you, but helps us keep you safe.
- If you are in recovery, consider scheduling a post-session check-in or therapy session.
- Urge/trigger monitoring is part of your care plan.

ADHD, Autism, or Sensory Sensitivities

Important:

- You may request:
 - Noise-canceling headphones
 - Eye mask
 - Weighted blanket
 - Fidget object or grounding tool
- Schedule during low-sensory clinic times if needed.
- Reintegration may take longer—build in buffer time post-session.



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Pregnancy / Breastfeeding

Important:

- Ketamine and Spravato are not recommended during pregnancy.
- If breastfeeding, **pump and discard milk for 6–12 hours post-treatment** (confirm time with provider).
- OB clearance is required for any treatment during pregnancy.
- Please notify us if pregnancy is possible or confirmed.

Liver or Kidney Disease

Important:

- Your provider may review labs (LFTs, creatinine, GFR) before or during treatment.
- Hydrate well before and after each session.
- You may require modified dosing or medical clearance from your primary provider.
- Report any swelling, dark urine, or unusual fatigue.