

A FIRST-TIMER'S GUIDE TO KETAMINE TREATMENT

(For IM Ketamine and Spravato Users Who Want the Real Talk)



So, you're starting ketamine therapy. Maybe it's for depression, anxiety, PTSD, or just because nothing else has worked. Totally valid. Here's the lowdown on what to expect, how to prep, and what to avoid so you can go in feeling chill and come out safe and supported.

Before Your Appointment

Show up early. Get there 15–20 minutes ahead of your appointment. You'll need time for check-in and vitals, and it's way less stressful if you're not rushing.

You'll be there a while. Expect to hang out at the clinic for around 1.5 to 2 hours. That includes the treatment itself and some time afterward while your care team keeps an eye on how you're doing.

No driving yourself. Ketamine messes with your coordination and reaction time, so you legally and medically can't drive after. Set up a ride home. A friend, family member, or Uber all work fine. Just don't plan to drive yourself.

No snacking before. Don't eat solid food for 4 hours before your session. Clear liquids like water or apple juice are fine up to 2 hours before. This helps keep nausea to a minimum.

Cut out these 24 hours before:

- Alcohol
- Weed or THC products
- Illicit drugs
- Opioid pain meds (stop at least 6 hours before)

These can mess with how ketamine works in your system or increase your risk of side effects. Not worth it.

Pause these meds unless your prescriber says otherwise:

- ADHD meds like Adderall or Ritalin
- Anti-anxiety meds like Xanax or Klonopin
- Lamotrigine (Lamictal)
- MAOIs

They can lower the effectiveness of your session or make you feel off. Keep taking your other prescriptions unless you've been told not to.



After Your Appointment

Give yourself the day. You'll probably feel tired, emotional, spacey, or maybe all of the above. Don't plan anything major. Just rest.

Still can't drive. You'll need 24 hours off from driving, using machinery, or doing anything that needs sharp focus.

Don't make big decisions. Hold off on anything serious like money stuff, legal matters, or life-altering texts. Give it at least 12 hours. Your brain's still processing.



Keep avoiding these for 24 hours after:

- Alcohol
- Cannabis
- Illicit drugs
- Opioids or benzos (wait at least 4 hours, but longer is better)

They can undo the progress or trigger side effects.

Eat something light. Once you feel up to it, go for something simple like soup or toast. Whatever feels doable. Drink water, juice, or broth to stay hydrated.

Mild side effects are normal. Things like nausea, restlessness, or brain fog can happen. They usually pass. If you're unsure, text or call us at (928) 504-4700 during business hours.

If things feel more serious, get help:

- Chest pain
- Trouble breathing
- Suicidal thoughts
- Intense confusion or hallucinations that won't fade

Call 911 or head to the ER. Better safe than sorry.



We Got You

This might be your first time, but you're not doing it alone. These steps help keep things safe, effective, and as comfortable as possible. If anything feels confusing or off, reach out. We're here to walk you through it.

