

Ketamine® Treatment for Depression

Your medical provider recommends that you receive Ketamine® as part of your treatment for depression. This information sheet will help you understand this treatment, why your doctor recommends it for you, the side effects, and what to expect.

What is Ketamine?

Ketamine is a medicine we give to help treat people with depression. It is given by mouth or a shot into your arm. Ketamine helps improve your sense of well-being faster than most antidepressant medicine taken by mouth. We also use Ketamine as an anesthetic for surgery.

Who should not receive Ketamine infusion treatments?

Ketamine treatment can be helpful for many people, but can also be dangerous if you have certain medical conditions. Your medical provider looks at your medical history to know if Ketamine would be helpful for you.

Make sure your doctor knows if you:

- May be pregnant.
- Have high blood pressure.
- Have heart disease.
- Have had a problem with Ketamine in the past.
- Use oxygen.
- Have a history of some types of mental illness, such as psychotic disorder or bipolar disorder.
- Have had a stroke, seizures, or bleeding in your brain.

What are the risks of using Ketamine?

As with any treatment, there can be side effects. Most people have mild side effects from Ketamine and tolerate them well. These side effects include:

- Feeling disconnected from your surroundings, emotions, or body. People often describe this as feeling “floaty.”
- Difficulty moving or communicating
- A faster heart rate
- Higher blood pressure
- Nausea and vomiting

For most patients, these side effects go away within 45 minutes after the treatment finishes. Let your nurse know if you have any of these side effects or feel unusual in other ways.

What can I expect on the day of my Ketamine treatment?

Prepare for your appointment by:

- Not having any food or drink for four hours before your appointment. You can have water and take medications as instructed by your healthcare team.
- Bringing someone to drive you home and staying with you for three hours after your treatment.
- Bringing some items to read, relax, and to help you stay comfortable.
- Planning to not drive, operate machinery, care for others, or sign important papers for at least 12 hours after the treatment.

We expect your treatment to take about 2 hours. Once checked in, your health care team will give you Ketamine as an oral medicine or a shot into the muscle of your arm, leg, or buttocks. Your health care team will then monitor you until you recover. You can go home when we feel it is safe for you to do so. However, each patient recovers at their own pace, so you should plan extra time in case it takes longer to wear off.

Questions?

If you have questions please contact the Supportive Oncology and Survivorship (SOS) Clinic at 801-585-0189. If calling after hours, weekends or holidays call 801-587-7000 for urgent matters. In an emergency, dial 911.