

## **PATIENT KETAMINE INFUSION INSTRUCTIONS**

- Notify Klarity Ketamine Wellness Clinic of all changes in your medical history or new/discontinued medications.
- MAOI inhibitors: Selegiline (Emsam), Isocarboxazid (Marplan), Phenelzine (Nardil), Tranylcypromine (Parnate) are not allowed during Ketamine Infusions
- Attempt to work with your physician to wean off Benzodiazepines (Xanax, Valium, Ativan) 2 week prior to your first infusion for best results
- You are not allowed to eat anything for 8 hours prior but you may continue to have a small amount of clear liquids (water, coffee without cream or sugar, tea, etc.) for up to 2 hours prior to your infusion
- Ensure you have a responsible adult to drive you home after an infusion, as you will not be allowed to drive the rest of the day following your infusion.
- Do not use any alcoholic drinks, recreational drugs or over the counter sedative medications the day of your treatment