



# **Ketamine Infusion Discharge Instructions for Psychiatric Patients**

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## **What is Ketamine**

Ketamine is an anesthetic agent, meaning its main use is to sedate patients during invasive procedures. Ketamine has been shown to relieve severe and persistent symptoms of depression, so it is also used as a therapeutic option for treatment-resistant depression.

## **What can I expect during a Ketamine infusion?**

During the Ketamine Infusion you may have any of the following:

- Nausea
- Vomiting
- Dizziness or lightheadedness
- Vision changes
- Fatigue or drowsiness
- Mood changes
- Headaches
- High blood pressure
- High heart rate

These symptoms will be addressed during the infusion. They typically resolve at the end of the infusion and/or during the hour observation time after the infusion has been completed.

## **Which activities do I need to avoid after receiving a Ketamine Infusion?**

Ketamine may impair your thinking or reaction. Avoid the following activities during the first 24 hours after the transfusion:

- Driving
- Operating Machinery
- Drinking alcohol
- Signing any legal documents.
- Tasks that require you to be alert or attentive
- Strenuous activities such as heavy lifting
- Making major life decisions
- Recreational drug use

**You may continue:**

- Home medications, unless otherwise instructed
- Usual diet
- Light activities

**Who should I call if I have any questions or concerns?**

- If you have any questions or concerns contact your Ketamine Infusion doctor or Ketamine Infusion unit at 734-936-9760 from 6 am to 2 pm Monday through Friday. After hours, please call the Michigan Medicine emergency room at 734-936-6666.
- In case of a life-threatening emergency, please call 911.
- In case of increased suicidal thoughts, call PES, Psychiatric Emergency Services at Michigan Medicine (734) 936-5900.
- National Suicide Prevention Lifeline: 1-800-273-TALK (8255)

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