

# Informed Consent for Ketamine Treatment of Depression



Please feel free to read discuss the following information below with family, friends, and your primary care doctor as you wish. Please discuss with the provider anything you are unsure of. Your signature on this consent form will show that you received and understood all of the information below, and that you were able to discuss any questions and concerns you had with the provider.

Ketamine is approved by the FDA for anesthesia and sedation during medical procedures. Since its approval in 1970, it is commonly used in operating rooms and emergency departments. Ketamine's use for the treatment of depression, anxiety, chronic pain, OCD, or drug or alcohol abuse is off-label and has not been approved by the FDA, although a ketamine derivative, eskatamine, has been approved as a nasal spray.

## Procedure:

- Ketamine will be injected into a muscle, and its effects are generally felt 1-5 minutes later. You will be given a "micro-dose", much smaller than the dose used for anesthetic. Your blood pressure, heart rate, and oxygen saturation will be monitored.
- If you respond well to the first injection you may, if you desire, receive a second injection about a half hour after the first.
- If you become nauseated, you may receive either zofran or phenergan to treat it.

## Side Effects and adverse reactions:

Usually side effects of Ketamine depend on the dose and frequency of injection. Because you will be getting a very small dose, these are usually mild, but may, in fact include:

- vivid dreams and nightmares
- increased saliva production
- Increased pressure in the eye
- arrhythmia
- double vision
- allergic reaction
- hallucinations
- irregular or slow heart rate
- pain and redness at the injection site
- dizziness
- blurred vision
- rash
- nausea and vomiting
- low blood pressure
- out of body experience during muscle injection
- change in motor skills, poor coordination
- Cystitis (inflammation of the bladder)
- Transient increase of heart rate and blood pressure

- Even more severe side effects up to and including death are possible, but extremely unlikely, such as a fatal allergic reaction to the medication.

If they occur, side effects usually dissipate quickly after the injection (usually within 20-30 minutes) If they are severe, another medication such as a sedative can be used to treat the symptoms.

## **BENEFITS**

Unlike conventional anti-depressants, ketamine has been associated with a rapid decrease in depression, bipolar, and PTSD symptoms. It has also been shown to be helpful with a variety of chronic pain syndromes, and with alleviating the cravings for drugs and alcohol. While the goal is improvement of symptoms, results cannot be guaranteed, and there is no way to predict how an individual will respond to ketamine therapy. These effects may not be long lasting, and often require further injections. Ketamine is not the only option for patients with treatment-resistant depression, chronic pain, or alcohol and drug abuse. The patient should have explored other options before requesting a trial of ketamine. Because no long term data is available, a maximum of twice per week for 4 weeks before taking a break is advised.

## **WHAT SAFETY PRECAUTIONS MUST I TAKE?**

- I will not eat or drink for at least six hours before the procedure.
- Most prescription medication should be continued. I will report and discuss them beforehand with the provider.
- I will NOT drive a car, operate hazardous equipment, engage in hazardous activities or make any important decision for the remainder of the day.
- I must refrain from alcohol or other sedating substances for 6 hours prior to, and for 6 hours after an injection.
- I must tell the clinic about all medications I am taking, especially narcotic pain relievers, benzodiazepines, sleeping pills, barbiturates, and muscle relaxers.

**I have read and understand the above precautions and warning. I have had my question and concerns answered to my satisfaction and wish to proceed with a ketamine injection(s).** Signed

Signature:

Date:

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