

Ketamine Treatment Clinic Patient Instructions

PRE-PROCEDURE PATIENT INSTRUCTIONS

- Come with an empty stomach! Do NOT eat (no food, no cereal, nothing) or drink anything (no water, no soda, no coffee, no tea, no Gatorade, nothing) at least 6 hours prior to your procedure. Do NOT chew gum or suck on any candy/mint (no gum, no mint, no candy, no cough drops)
- Please continue to take your blood pressure pills, seizure medications, asthma medications, thyroid medication, pain medications as prescribed/scheduled with a sip of water. Please let our staff know if you are taking any of the following medications: Benzodiazepines (alprazolam, clonazepam, diazepam, lorazepam, etc), Lamictal, Risperdal, or Zyprexa.
- You should have an ESCORT to drive you home due to the nature of the procedure. THIS IS MANDATORY!
- Please arrive 30 minutes before your appointment time. This allows us time to complete the necessary paperwork and nursing assessments prior to the procedure
- Wear loose fitting clothing the day of your procedure

Female Patients

- If you are pregnant or trying to get pregnant, you MUST inform us immediately.
- Urine pregnancy test will be done prior to the procedure at the facility.

Diabetic Patients

- If you are a DIABETIC, you need to let us know and we will schedule your procedure early in the morning. Take ½ of your long acting insulin the morning of your procedure only. DO NOT take any oral diabetic medications.
- Please, check your glucose (finger stick) at home on the procedural day.

HOME CARE INSTRUCTION AFTER THERAPY

ACTIVITY

- Take it easy today! REST for 24 hours. Then, increase activity as tolerated.
- DO NOT drive any vehicle or DO NOT operate any equipment for 24 hours.
- DO NOT make any important decision for 24 hours.



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DIET & MED

- Resume normal diet as tolerated.
- Resume your medications as instructed including pain medication.

Patient's Name

Signature

Date