



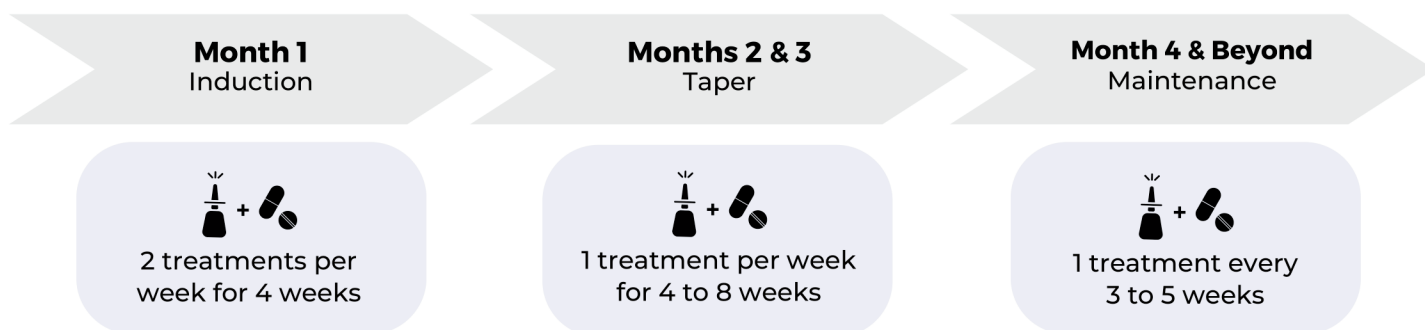
NeuroScience & TMS
Treatment Centers

Preparing for Esketamine Treatment

About Esketamine. Nasal esketamine (Spravato®), is the only FDA-approved ketamine-based treatment for depression. Esketamine is a safe, physician-supervised, psychedelic nose spray therapy that is covered by many insurances. Often, nasal esketamine is even effective at treating depression in patients who have been unable to find relief through other methods, like talk therapy and antidepressants.

A Typical Course of Treatment

Each patient is unique and will receive their own individualized care plan. However, the treatment course for nasal esketamine typically starts with two treatments per week for the first four weeks, followed by one treatment per week for four to eight weeks, before being reduced. The goal is to reduce treatment frequency to once per month. Esketamine must be used in conjunction with a conventional antidepressant.



Safe & Comfortable Treatment Environment

Your comfort and safety are our top priority. Since esketamine, like ketamine, is a psychedelic treatment, your perception may be distorted during the first two hours after treatment. You may also feel euphoria, dizziness, or intoxication, as well as other side effects listed to the right. Esketamine can also increase Blood Pressure during the treatment. Because of these risks, Esketamine must be administered in-office and our expert team will be onsite to closely monitor you throughout treatment. To begin treatment, your blood pressure must be controlled and under 140/90. After treatment, you must remain in the clinic under observation for at least two hours until any potentially serious side effects have passed. You must avoid doing anything hazardous after the treatment for the remainder of the day, as you may feel groggy or confused. Someone must drive you home at the end of your monitoring time. Patients are able to resume their normal daily activities with no restrictions by the next morning.



We recommend patients do not eat for 3 to 4 hours prior to treatment to avoid nausea.



When you arrive, you will relax in a chair & self-administer 3 doses spaced 5 minutes apart under supervision.



Relax for 2 hours under observation. You may bring earphones to listen to music, an audiobook, etc.



Arrange for someone to drive you home. Avoid doing anything hazardous the rest of the day, such as driving.

Possible side effects include:

Nausea • Drowsiness • Increased Blood Pressure • Feeling "Drunk" • Headache



Learn More About Esketamine.

To learn more about some of the most common myths about ketamine, check out our blog post "Ketamine & Esketamine: Busting the Myths" at www.HopeForYourBrain.com/EsketamineMyths.