



Ketamine Center of Greater Hartford

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The following information/instructions are provided to maximize the benefit of Ketamine Infusion Therapy.

1. It is important to **not eat for at least 4 hours** prior to ketamine therapy. You may continue to drink clear (see-through) liquids until 2 hours prior to therapy. This is to minimize the risk of nausea/vomiting.
2. It is necessary to have a responsible adult available to discharge you from the office and provide your ride home. No therapy will be provided to a patient without a responsible adult.
3. It is most beneficial that therapy sessions be uninterrupted. It is recommended that patients visit the bathroom upon arrival to minimize the risk of interrupting the session.
4. **Over the ear headphones** are recommended to minimize disturbance during the therapy. The infusion session is meant to be a relaxing period. Meditative/relaxing music has been shown to improve the benefit of the therapy. I recommend that each patient prepare a supply of music of approximately 1 hour for mood patients and 4 hours for pain patients. (Wi-Fi is available in the office. YouTube offers many options for meditative music – Search meditative or relaxing music.) It is best to avoid lyrics.
5. Consider bringing an **eye mask** or other option to block light. Many patients find the covering of their eyes beneficial.
6. Consider bringing a **blanket**. Patients often find that “cocooning” themselves helps maximize the session.
7. After the session, it is recommended that patients minimize their activity. Patients should try to remain in a relaxed state and get a good night’s sleep.
8. Maintaining sessions with your therapist or doctor is recommended. It has been found helpful to schedule an appointment with your therapist the day following a ketamine session.

Hoping to provide maximum benefit,

Glen Rosenfeld, MD