



## Post Ketamine Infusion Instructions

Ketamine wears off quickly. Some effects, however, may linger throughout the day. Please be aware that even though you may feel 'normal' now, these effects may influence your thinking process for up to 24 hours.

Therefore,

- ▶ **Do not drive a motor vehicle or operate dangerous equipment as your judgment and reflexes may be affected**
- ▶ **Continue your 'regular' home medications unless otherwise instructed**
- ▶ We recommend not consuming alcohol or other mind-altering substances for 24 hours
- ▶ Cannabis use can make your ketamine infusion less effective
- ▶ We recommend not to sign or enter into any legal contracts for 24h

**We invite you to relax for the rest of today and tonight.** We recommend you have another adult stay with you today and through the night if this is your first infusion.

**Attend your next scheduled treatment and/or clinic appointment.**

- ▶ Ketamine infusions may help with your condition but are **NOT** intended to be a substitute for regular care by your mental health professional. Please maintain any scheduled visits with your primary care physician, psychiatrist, or therapist.
- ▶ Please use the Osmind app tools to communicate your post IV ketamine experience with us- journal, message, mood tracker.
- ▶ Our clinic will follow up with you in 24 hours to see how you are feeling

**If you experience anything unusual or if you have questions, please call Soft Reboot Wellness 650-419-3330. If you do not reach us, please leave a message.**

**Should you have any emergency or thoughts of suicide, call 911 or go directly to an emergency room.**

I have received and understand the above instructions:

\_\_\_\_\_  
Signature of Patient

\_\_\_\_\_  
Date

\_\_\_\_\_  
Time

Preferred number for follow-up: \_\_\_\_\_