

## **Instructions for your Ketamine Session**

### **The office address is:**

263 Concord Avenue  
Cambridge, MA 02138

The office is on the second floor, third room on the right.  
My cell is 617-547-6902

Please wait in your car until I text you to come in. Wear a mask. Wash your hands in one of the bathrooms before you come into the office.

### **Before your appointment:**

Make sure you have read, understand and signed the informed consent and asked any questions you may have.

Order an eye mask with indentations to allow you to open your eyes with the mask on if you choose. Mindfold makes a comfortable mask. As does Reebent (3D eye mask for sleeping, machine washable at Amazon).

Have the ketamine lozenges mailed to you or pick them up at the pharmacy.

### **Instructions:**

Do not eat 4 hours before your session.

Please minimize fluid intake 3 hours prior to the session. Ketamine is a diuretic and will make you need to urinate. If you do end up having to go to the bathroom during the session, I will help you, and you can easily drop back in to the process when you return.

Only 1 cup of coffee the morning of the session and no caffeine for 2 hours before the session.

No other stimulants that day (adderal, etc.); Hold any medications as instructed.

No hangover please and please do not drink any alcohol within 24 hours of the session.

Please have someone pick you up after the KAP session or make arrangements not to drive. If you will be picked up, we can text this person 30 minutes before you are ready to go. The pickup time will be about 3 hours after your arrival.

### **What to bring to the session:**

Ketamine Lozenges

Eyeshades

A favorite pillow, blanket and sheet for the couch

Anything special you would like to eat afterward

A water bottle or drink for after the session

Please feel free to bring any special meaningful objects or photos that you would like to have in the room for the session.

### **Process:**

Turn off your phone

Go to the restroom~ it's best not to have to walk while under the influence of the medication

Set an intention for the session. (This might be a question or a statement about an area of your life you wish to explore or a symptom you would like to understand).

Get comfortable on the couch first in a seated position.

We will start the music.

Take the Lozenge under your tongue. Do not swallow until your therapist prompts you to do so (12 minutes).

Settle in by lying down with a cozy blanket and eye shades.

A booster lozenge will be offered at 20 minutes.

Let go and just notice!

I will take notes to share with you so you do not need to be distracted by trying to remember what unfolds. I will be with you every step of the way.

Please minimize work and distractions for at least the evening after and day following the session. It's wonderful if you can find ways to have quiet, contemplative space to allow the session to be with you, noticing as it continues to unfold. Journaling, drawing, being in nature, meditating, and connecting with safe loved ones are a few examples of activities that people sometimes find helpful.

**We use the following pharmacy:**

Maida Pharmacy Compounding and Wellness

121 Massachusetts Ave

Arlington, MA 02474

1 (781) 643-7840

<http://lamaida@maidapharmacy.com>

**Remember:**

We reserve 3 hours for your session so if you need to reschedule please be kind enough to give us plenty of notice!