

## KETAMINE ASSISTED PSYCHOTHERAPY TREATMENT PRE-& POST SESSION GUIDELINES

it is important to follow the pre- and post- treatment recommended guidelines for your Ketamine Assisted Psychotherapy (KAP), to insure you safely receive the maximum benefit from your treatment session. Not following these guidelines might result in medical risk, postponement, or cancellation of KAP treatment. Your signature states that you agree to follow the guidelines, and you are voluntarily participating in KAP-Ketamine Assisted Psychotherapy treatment.

### PRE-KETAMINE ASSISTED PSYCHOTHERAPY SESSION GUIDELINES

- No alcohol 24-hours before your KAP treatment session.
- Do not take any Benzodiazepines, include alprazolam (Xanax), chlordiazepoxide (Librium), clorazepate (Tranxene), diazepam (Valium), halazepam (Paxipam), lorazepam (Ativan), oxazepam (Serax), prazepam (Centrax), and quazepam (Doral). Clonazepam (Klonopin) **48 hours before treatment.**
- If you are currently taking medication for high blood pressure you must get a release from your prescribing physician before a treatment session.
- Please give your Therapist a complete list of the names of all medications you are currently taking, including medication dosage and prescribing doctor.
- **Any** medication taken 72- hours before treatment **MUST** be discussed and cleared with your Doctor and Psychiatrist. Your Therapist needs to know the results of your doctor consultations.
- No food 2-4 hours before treatment session.
- No liquids 3 -4 hours before treatment session and no coffee, tea, or other caffeinated beverages 4 -5 hours before treatment session. *\*This is to minimize your need to use the bathroom during treatment session.*

### MENTAL PREPARATION PRIOR TO KAP SESSION

- Pay attention to your mental and physical state up to a week prior to your session.
- The day before your session resist exposing yourself to negative images and stories on TV, radio, movies, social media or newspapers.
- Journal any dreams that occur, up to a week prior to your session.
- Take time to meditate, journal, and relax in the hours leading up to your session.

- Reflect on what you would like to focus your intention on prior to your session.
- Wear loose and comfortable clothing. Blankets, pillows and eye mask will be provided.

### POST-KETAMINE ASSISTED PSYCHOTHERAPY SESSION GUIDELINES

- No alcohol 24-hours after treatment. You will need to arrange for a ride home after your treatment as you cannot drive or operate heavy machinery 12 hours after your Ketamine treatment session.
- To maximize the benefit after the KAP treatment, it is recommended to take the rest of day off and engage in relaxing activities - taking a walk, taking a bath, meditating, journaling, drawing, or listening to gentle, calming music.

### THE DAYS AND WEEK AFTER YOUR SESSION

- Pay attention to your mental and physical state.
- Journal your thoughts and feelings for the next week.
- Pay attention and journal dreams that you remember.
- Take time to meditate, journal, and relax.

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**I Agree to Follow all Pre-& Post KAP Treatment Guidelines Listed Above.**

Name \_\_\_\_\_ DOB: \_\_\_\_\_

Signed \_\_\_\_\_ Date: \_\_\_\_\_