



Welcome to the LIOBM Spravato Treatment Clinic! The following information may be helpful for you to prepare for your first treatment day.

Day of treatment:

If you take a nasal steroid medicine or decongestant, take these at least 1 hour before using Spravato.

If you take medication to control your blood pressure, be sure to take it the day of treatment.

Do not take other medicines unless they have been discussed with your doctor. This includes prescription or nonprescription (over-the-counter [OTC]) medicines and herbal or vitamin supplements.

Do not eat for 2 hours or drink 30 minutes before treatment to help with nausea/vomiting. Do not bring anything to eat or drink into the clinic.

Use the restroom after signing in with reception.

** Please bring comfort items like a book, tablet, phone, headphones, or small blanket. We have free wifi. **

Spravato may cause prolonged drowsiness, mental changes (eg, confusion about identity, place, and time, feeling of unreality, sense of detachment from self or body), or high blood pressure. The clinician will check for these effects for AT LEAST 2 hours after each medication administration.

You are **REQUIRED** to have someone drive you home after Spravato treatment; your driver **MUST** come into the office to pick you up and sign a release. You will **not be discharged** to leave on your own. This medicine may make you drowsy, confused, or have problems with thinking clearly. **Do not drive**, make major legal or financial decisions, use heavy machinery, or do anything else that could be dangerous until the **NEXT DAY** after a restful sleep.

After Receiving Spravato:

Along with Spravato's antidepressant effects, it may cause some unwanted effects. If unwanted effects occur, studies have found that they should go away within 2 hours after initial administration of Spravato. *If you experience symptoms that are not relieved or improving after 2 hours, you may need additional medical attention.*

confusion about identity, time, and place
dizziness/ lightheadedness
unusual drowsiness, dullness, tiredness, weakness, sluggishness
blurred vision
drowsiness
feeling of constant movement of self or surroundings
feeling of unreality
headache
nervousness/ increased anxiety
pounding in the ears

slow or fast heartbeat
sleepiness
decreased sense of touch
nausea/vomiting
increased blood pressure
sensation of spinning
sense of detachment from self or body

Contraindications/Exclusions:

You cannot receive Spravato treatment if you:

Are receiving additional Ketamine treatment at another clinic
Have a starting blood pressure over 140/90
Have addiction/overuse of alcohol and/or illicit substances

Are in a current psychotic state
Are pregnant or expect to become pregnant

Precautions:

The presence of medical problems may affect the use of Spravato. Make sure you tell your doctor if you have any medical problems, especially:

Aneurysmal vascular disease (blood vessel disease in the brain, chest, abdominal aorta, arms, and legs)

Arteriovenous malformation (abnormal connection between your veins and arteries)

Intracerebral hemorrhage (bleeding in the brain)

Cardiovascular (heart or blood vessel) or Cerebrovascular (brain or blood vessel) history

Heart failure

Psychosis

Drug abuse/overuse history

Heart attack

Hypertension (high blood pressure)

Stroke

Hypertensive encephalopathy (brain problem caused by high blood pressure)

Liver disease

Suicidal thoughts

Pregnancy- Spravato can harm an unborn baby. Use an effective form of birth control during this treatment. If you think you have become pregnant while using this medicine, tell your doctor right away.

Dosing:

The dose of Spravato will be different for different patients. Follow your doctor's orders. The amount of medicine, the number of doses you take each day, the time allowed between doses, and the length of time you take the medicine is decided by your doctor.

The starting dose is 56 milligrams (mg) on Day 1, followed by 56 or 84 mg taken 2 times per week on Weeks 1 to 4. Then, 56 or 84 mg taken once a week on Weeks 5 to 8, followed by 56 or 84 mg taken every 2 weeks or once a week on Week 9 and after. Your doctor may adjust your dose as needed and tolerated.

Missed Dose:

This medicine needs to be given on a fixed schedule. If you miss a dose, call the office for instructions.

Once You Are Home:

Spravato may cause some people to be agitated, irritable, or display other abnormal behaviors. If you or your caregiver notice sudden or strong feelings, such as feeling nervous, angry, restless, violent, or suicidal, call the office or go to ER.

Spravato may cause bladder problems such as bloody or cloudy urine, difficult, burning, or painful urination, or a frequent urge to urinate. Contact the office or go to ER.