

Ketamine Infusion Therapy for Treatment Resistant Depression

Recently published studies have shown that a low dose of ketamine have had dramatic positive effects on clinical depression, especially towards suicidal feelings, and in cases that don't respond to standard treatment. The results show a pretty immediate resolution of depression, immediately or in a few hours.

The relief can last for as little as a few hours to as much as a few weeks. In general most patients typically experience one to two weeks of relief.

The standard ketamine infusion protocol for depression that has resulted from scientific trials and clinical experience around the U.S. is 4-6 treatments over a two to six-week period. It has been shown that serial infusions are more effective than single infusions, and the majority of patients who respond to ketamine treatment require maintenance infusions on an ongoing basis following the initial series. Research is being conducted into lengthening ketamine's antidepressant effect through more than one infusion (twice a week) to attempt a longer-lasting benefit, and its long term safety and efficacy are being studied. The frequency of these maintenance infusions varies greatly from person to person. It is important to note that ketamine infusions should not be viewed as a cure for depression, but rather a depression treatment that is a piece of a multi-modal approach that may include ongoing mental health therapy or other depression medication.

Who is a candidate for ketamine?

Patients are screened to determine if they are eligible for treatment. Ketamine infusions may be an effective treatment for patients with depression who have not benefited from antidepressant medications.

What can I expect the day of my ketamine treatment?

No food can be eaten for eight hours prior to treatment. Water is okay up to four hours before treatment. Once checked in, a low dose of Ketamine is infused through an IV over the course of 40 minutes. During this time, the patient will be continually monitored by a nurse practitioner.

During the infusion you may experience an altered mental status, although you will be alert and able to talk. Patients have also reported blurred vision, slurred speech, mental confusion, nausea, and vomiting. It is best to relax quietly or listen to relaxing music during the infusion. The effects of ketamine wear off quickly once the infusion is stopped, although we ask that you refrain from driving the day of the infusion.

Cost of Ketamine Infusions

Ketamine infusions are currently not covered by insurance. We have recently begun offering ketamine infusions on a self-pay basis. Self-pay rate for ketamine infusions is \$300 or \$250 for intramuscular. For more information about cost and scheduling please contact our office at 801-448-1470.