

Therapeutic Alternatives at Theory & Method

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KETAMINE TREATMENT

How to Prepare, What to Expect & Cost

WHAT IS KETAMINE?

Ketamine is a medication, first approved by the FDA in 1970 as a sedative. It is a popular anesthetic because Ketamine, unlike most other anesthetics, does not depress the respiratory system. This means it will not affect a patient's breathing. Therefore, Ketamine is often given in the Emergency Room to children.

Recent research shows Ketamine, at low doses, provides a profound improvement in a variety of mental illnesses.

HOW TO PREPARE:

- Do not eat or drink anything except water for **8 hours prior** to treatment.
- Wear comfortable clothing.
- Bring a blanket and pillow.
- Bring a prepared playlist of songs (we recommend music that is relaxing with no commercial interruptions).
- Bring headphones.
- Some patients find it helpful to practice mindfulness or meditation prior to treatment to help them fully relax during the treatment.

WHAT TO EXPECT:

A low dose of Ketamine will be administered intramuscularly or infused through an IV over the next 40-60 minutes, during which time you will be closely monitored. Ketamine is a safe drug and does not affect the respiratory system.

Ketamine is a dissociative anesthetic that can induce a psychedelic state. Dissociation is a kind of out-of-body experience, where you partially lose awareness of your body, most patients find the experience relaxing and pleasant.

During the treatment patients may experience an altered mental status, although they will be awake and able to talk.

Patients have reported blurred vision, confusion, nausea, and slurred speech. These symptoms are temporary and gradually subside after completion of the treatment. A normal mental state is returned quickly after the procedure is complete.

Patients are **required** to have someone drive them home and should not drive or operate machinery the day of their treatment.

COST:

We are committed to making affordable Ketamine therapy available to the Salt Lake City area and currently offer the lowest rates.

Studies have shown there is a positive cumulative effect of doing a series of 6 treatments in a short amount of time.

Infusions are typically given once or twice a week for up to 6 treatments in a series. This treatment plan may vary depending on individual needs and responses.

Following the initial series, maintenance infusions are available on an as-needed basis.

Current Pricing:

\$250 Intramuscular injection

\$1250 for a series of 6 Intramuscular injections

\$300 Infusion

\$1500 for a series of 6 Infusions