

Instructions and consent for treatment with intranasal ketamine

Intranasal ketamine is not FDA approved as a treatment for chronic depression. Ketamine is FDA approved as a treatment for other conditions, i.e., surgical anesthesia, migraine prophylaxis, etc. Ketamine has been proven safe and is not an experimental drug. What is not FDA approved is the particular application for treatment of depression. There is an extensive literature of using ketamine for treatment of depression, demonstrating that it does have immediate and remarkable effects to remediate depression. Esketamine, which is available as Spravato, is a FDA approved treatment for depression. Esketamine is a racemically pure compound whereas ketamine is a mixture of levo and dextro enantiomers of ketamine. There's no reason to believe that Esketamine is a more effective or safer version than racemically mixed ketamine.

Side effects that you should consider are that ketamine can produce a dissociative state. Some people describe it as being "dreamy", or an out of body or confused experience. At higher doses, people can become agitated. Most people experience it as a "2 beer buzz". Occasionally, people can experience nausea, headaches or dizziness.

Intranasal ketamine will be compounded for you at a concentration such that each intranasal squirt is 10 mg. You will receive 40 mg under a physician's supervision at psychiatric Associates of Arkansas's office. If your treatment goes well, you will continue the rest of your treatment at home under supervision from a friend or family, usually 2-3 times a week.

An additional warning: ketamine is a potential drug of abuse. At raves and clubs, it is referred to as "special K", and people who get in trouble with ketamine are said to "go down the K hole". Treatments will be discontinued if you do not follow the protocol.