

## Pre-Procedure instructions for Ketamine and Lidocaine infusions

### INFUSION PLANNED:

Lidocaine    Ultra low dose Ketamine    Very low dose Ketamine    Low Dose Ketamine

- Stop benzodiazepine such as Valium, Librium or Xanax at least three days prior to procedure. Stop MAO inhibitor such as Phenelzine (Nardil), Tranylcypramine (Parnate) Isocarboxazid (Marplan) and Selegiline (Emsam) two weeks prior to your procedure. If you feel you cannot stop benzodiazepines please discuss with your physician prior to scheduling your infusion.
- You should stop Ritalin and other amphetamines 48 hours prior to your infusion.
- You may continue all your other medications up to the morning of your infusion unless specifically instructed otherwise by your physician.
- Complete any ordered blood work or EKG. If ordered we cannot schedule your infusion until these tests are reviewed by your physician.
- You should dress in loose fitting clothing. Patients receiving very low dose or low dose ketamine infusion may be asked to get into a surgical gown to allow easy placement of cardiac monitors.

### WHAT TO EAT OR DRINK PRIOR TO YOUR INFUSION

- If receiving ultra low dose Ketamine or Lidocaine infusion you may eat up to 4 hours prior to your infusion and continue to drink clear liquids up to two hours prior to your infusion
- If scheduled for very low dose or low dose Ketamine infusion you must stop eating at least 8 hours before your scheduled infusion start time. You may continue clear liquids up to 4 hours prior to your infusion and take your medications with a sip of water up to 2 hours prior to your infusion start time.
- You must have a responsible adult to drive you home after your infusion.
- You must avoid driving for 12 hours after ultra low dose ketamine and 24 hours after very low dose or low dose Ketamine infusion. You may drive 4 hours after lidocaine infusions.

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Patient name(print)

Patient signature

Date/time

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Witness name (print)

Witness signature

Date/time

# Post-Infusion instructions

## INFUSION Received:

Lidocaine     Ultra low dose Ketamine     Very low dose Ketamine     Low dose Ketamine

- It is recommended that you avoid strenuous activity after your infusion. Brain rest is recommended as well. It is OK to listen to music and read. Watch TV with caution
- With ketamine you may experience bad dreams or other thoughts. If this occurs please notify your physician at the time of your next infusion. He or she may provide a medication to help limit these side effects.
- You are not to drive or operate machinery for 4 to 24 hours depending on your infusion. See pre-infusion instructions
- It is recommended that you have a responsible adult with you for 24 hours after low dose ketamine infusions
- Please keep your next scheduled infusion or follow up appointment.
- If you have been sent home with an IV in place:  
Keep area dry – you may shower but avoid getting IV site wet  
You will be provided with extra dressings to help protect the area  
If the IV comes out: Apply gentle pressure to the area. Remove any access tape or dressing, apply cotton ball or gauze followed by band-aid or tape. A new IV will be started for your next infusion.

## Next Infusion appointments:

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Date                      arrival time

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Date                      arrival time

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Date                      arrival time

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Date                      arrival time

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Date                      arrival time

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Date                      arrival time

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Patient name(print)

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Patient signature

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date/time

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Witness name (print)

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Witness signature

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date/time

