



Important Information when considering Spravato treatments

We thank you for your interest in our Spravato Program. The information below lists the exclusion criteria, precautions, prior and during treatment information, as well as the treatment schedule protocol for new Spravato patients. *Any questions or concerns, please email:*

Esketamine@Rcbm.net

Contraindications/ Exclusions: You cannot use Spravato if you...

- Have a Blood Vessel Disease
- Have an abnormal connection between your blood vessels (arteriovenous malformation)
- Have a history of bleeding in the brain (intracerebral hemorrhage)
- Are allergic to Esketamine, Ketamine
- Are Lactating, Pregnant, or planning to become pregnant

Precautions: If you are interested in Spravato, talk to your health care provider if you have the following medical conditions...

- Hypertension (High blood pressure)
- History of Stroke or Heart Attack
- Heart Valve Disease
- History of Brain Injury
- Liver Disease
- History of Psychosis
- History of Seizures
- History of Substance abuse

Prior to Each 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.
- If you take benzodiazepine medication or stimulant medication, hold off on those medications 12 hours prior to appointment time.
- No eating - 2 hours prior to appointment and limit beverages to 30 minutes prior, but please do not come on an empty stomach.
- No drinking alcohol - 24 hours prior or after dosing.
- No driving/operating heavy machinery until the next morning after a night's restful sleep.

You may bring headphones, book, tablet, small blanket, or anything you feel would make you comfortable during your appointment. Each Spravato session is 2 hours long. A Spravato team member will be with you in the room for the majority of your first appointment session and induction appointments.

You will be in a quiet treatment room in a comfortable recliner for the duration of your appointment. You are allowed to drink and eat a candy or snack only after you dose. Please bring a snack and or something to drink after dosing due to the medication's taste.

During Treatment - The most common side effects of Spravato include:

- Feelings of dissociation
- Increased blood pressure
- Feeling tired
- Decreased feeling of sensitivity (numbness)

Possible side effects may include:

- Dizziness
- Nausea
- Spinning room sensation
- Feeling anxious
- Vomiting
- Mild, temporary blurred or double vision

Blood pressure is monitored and recorded multiple times throughout each of your treatment sessions. You may experience some of the symptoms listed above during your treatment. However, these symptoms are temporary and subside before the end of your treatment session. Medical staff is on site during each treatment.

Treatment Schedule:

- Induction Phase – For new patients – Dosage Schedule: Weeks 1 -4: Spravato is taken 2x - weekly. At least 24 hours in between days.
- Weeks 5-8: Once weekly. Weeks 9 and beyond: The maintenance treatment schedule may be once weekly, every other week, etc. To be determined by RCBM prescriber in appointment near week 8.
- Each and every Spravato treatment session is 2 hours long. May be longer if continued monitoring is necessary.
- RCBM Spravato appointment scheduling hours are Monday to Friday 9am-3pm. 3pm is the latest time to schedule.
- Patients MUST have reliable transportation to and from their 2-hour treatment session. You are welcome to use Uber or Lyft.