



Introduction to Ketamine Therapy with Nasal Spray and Lozenges:

Ketamine therapy using nasal spray and lozenges offers a convenient and effective way to treat various mental health conditions. This pamphlet provides essential information about this innovative form of treatment.

Dosage for Nasal Spray and Lozenges:

Dosages for ketamine nasal spray and lozenges may vary based on individual needs and the prescribing healthcare professional's assessment. Here are some general guidelines:

Nasal Spray: A typical starting dose may range from 0.25 mg/kg to 0.75 mg/kg, with adjustments made as necessary. This is usually administered twice weekly.

Lozenges: Lozenges typically come in 100 mg or 200 mg strengths, with usual dosage of about 50-125mg taken every other day. They are often taken at home, with a chaperone nearby.

Benefits:

Ketamine therapy with nasal spray and lozenges offers several potential benefits, including:

Rapid Relief: Many individuals experience relief from symptoms of depression and anxiety within hours to days, unlike traditional antidepressants that may take weeks.

Treatment-Resistant Conditions: It can be effective for those who have not responded to other treatments.

Convenience: Nasal spray and lozenges allow for at-home administration in consultation with a healthcare provider.

Reduced Stigma: The ease of use and administration options may reduce the stigma associated with mental health treatment.

Conditions That May Benefit from Ketamine Therapy:

Treatment-Resistant Depression: Ketamine therapy can be particularly beneficial for individuals who have not responded to traditional antidepressant medications. It may offer rapid relief from depressive symptoms, even in severe cases.

Anxiety Disorders: Ketamine therapy may help individuals suffering from various anxiety disorders, including generalized anxiety disorder (GAD), social anxiety disorder, and post-traumatic stress disorder (PTSD). It can provide a sense of calm and relief from overwhelming anxiety.

Bipolar Depression: Ketamine therapy can offer relief from depressive episodes associated with bipolar disorder, helping to stabilize mood and reduce symptoms.



Obsessive-Compulsive Disorder (OCD): Some individuals with treatment-resistant OCD have experienced improvements in their symptoms with ketamine therapy.

Postpartum Depression: Ketamine therapy may be considered when other treatments have not effectively addressed postpartum depression symptoms, providing rapid relief for new mothers.

Chronic Pain Conditions: Ketamine's analgesic properties can benefit individuals with certain chronic pain conditions, such as fibromyalgia, complex regional pain syndrome (CRPS), and neuropathic pain.

Suicidal Ideation: In emergency situations where a person is at risk of harming themselves or experiencing severe suicidal ideation, ketamine therapy can provide rapid relief and reduce these dangerous thoughts.

Substance Use Disorders: Emerging research suggests that ketamine therapy may aid in the treatment of certain substance use disorders, including alcohol and opioid dependence.

Post-Traumatic Stress Disorder (PTSD): Ketamine therapy may offer relief from the intrusive thoughts and emotional distress associated with PTSD, especially when other treatments have been less effective.

Eating Disorders: Ketamine therapy may be considered for individuals with severe eating disorders, particularly when co-occurring depression or anxiety is present.

Side Effects:

As with any medication, ketamine therapy can have side effects. It's essential to discuss these potential risks with your healthcare provider. Common side effects may include:

Dissociation: Some individuals may experience feelings of detachment from reality during and after treatment.

Nausea and Vomiting: These side effects can occur, especially with higher doses.

Elevated Blood Pressure and Heart Rate: Ketamine may temporarily increase heart rate and blood pressure.

Psychological Effects: Transient confusion, hallucinations, and vivid dreams may occur.

Safety Measures:

Medical Supervision: Even when using nasal spray or lozenges at home, regular check-ins with a healthcare provider are essential for monitoring progress and side effects.

Patient Screening: Thorough screening ensures the treatment is appropriate for your condition.

Informed Consent: Your provider will explain the potential risks and benefits, and you should provide informed consent.



Proper Storage: Store medications as directed by your healthcare provider to ensure potency and safety.
Conclusion:

Ketamine therapy with nasal spray and lozenges represents an exciting advancement in mental health treatment. However, it should always be conducted under the guidance of a qualified healthcare professional who can tailor the treatment to your unique needs.

Contraindications for Ketamine Lozenges and Nasal Spray:

Pregnancy and Breastfeeding: The use of ketamine during pregnancy and breastfeeding is not recommended due to potential risks to the developing fetus or the infant.

Hypertension (High Blood Pressure): Individuals with uncontrolled high blood pressure may be at increased risk when using ketamine, as it can temporarily elevate blood pressure.

Cardiovascular Issues: If you have a history of heart disease, recent heart attack, or significant cardiovascular problems, ketamine therapy may not be suitable due to its potential to increase heart rate and blood pressure.

History of Substance Abuse: Individuals with a history of substance abuse, particularly if they have misused or have an addiction to ketamine or other substances, should exercise caution and may not be good candidates for ketamine therapy.

Psychiatric Conditions: Some psychiatric conditions may be exacerbated by ketamine therapy. Discuss your specific mental health history with your healthcare provider.

Liver or Kidney Dysfunction: Ketamine is metabolized by the liver and excreted by the kidneys. If you have significant liver or kidney dysfunction, it may affect how your body processes ketamine, making it important to evaluate whether this treatment is safe for you.

Active Psychosis: If you are currently experiencing an active episode of psychosis, ketamine therapy may not be suitable due to its potential to cause hallucinations or confusion.

Medication Interactions: Ketamine may interact with certain medications. Inform your healthcare provider of all medications and supplements you are taking to assess potential interactions.

Allergies or Sensitivities: If you have a known allergy to ketamine or any of its components, you should not use ketamine lozenges or nasal spray.

Age: Ketamine therapy using lozenges or nasal spray may not be recommended for children and adolescents due to limited safety data in this age group.