



Lighthouse Infusions & Seattle Ketamine

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Pre-Infusion Instructions for IV Ketamine Therapy

- In order to ensure your stomach is empty when you start your infusion:
 - No heavy or greasy food for at least 8 hours prior to your infusion.
 - You can have a light snack (non-greasy) up to 6 hours before your infusion.
 - You may drink clear liquids such as apple juice, sports drinks, clear broth, decaf/herbal tea, decaf coffee (no milk/cream), etc. up to 2 hours before your infusion.
- To stay hydrated, please drink a glass of water 2 hours before your scheduled infusion.
- No smoking/vaping within 2 hours, or chewing tobacco within 6 hours of your infusion.
- To increase the probability of the treatment working:
 - Avoid alcohol and marijuana for at least 24 hours before, and 24 hours after your infusion.
 - If possible, avoid stimulants such as caffeine, Adderall, etc. before your infusion.
 - If possible, don't take benzodiazepines (eg. Ativan, Xanax, etc.) on the day of your infusion.
- Avoid taking opioid pain medications (eg. hydrocodone, oxycodone, etc.) before your infusion.
- Take all other regularly scheduled medications as you normally would.
- If you have an inhaler (albuterol), please bring it with you to every appointment.
- If you are diabetic, please contact us for specific instructions.
- Wear a short sleeve shirt or tank top. You can layer warm clothes until it's time to start your IV.
- N95 or a surgical mask is required. You are welcome to bring your own, but we have surgical masks available at the clinic.
- To make yourself more comfortable during the infusion, we recommend bringing one or more of the following: blanket, pillow, warm hat, eye mask.
- If you want to listen to music...
 - Please make sure to bring headphones or earbuds.
 - Music should be calming and comforting.
 - A meditation station/playlist/app is a good idea, but avoid ones with lots of talking.
 - Place your phone in "do not disturb" mode, and make sure your station/playlist/app will last at least an hour, so you don't have to mess with your phone during the infusion.
- **You must not drive for the rest of the day!!!** You can walk, bike, get a ride, or take public transit TO your appointment, but you will need someone to drive you home afterwards (taxi/Uber/Lyft is acceptable). Don't drive yourself to your appointment!
- The length of your appointment will depend on the length of your infusion...
 - 40 minute infusions: plan to be at the clinic for about 1.5 hours.
 - 2 hour infusions: plan to be at the clinic for about 3–4 hours.
 - 4 hour infusions: plan to be at the clinic for about 5–6 hours.
- Keep all regularly scheduled visits with your primary care provider, mental health provider, or any specialists. Although ketamine may help your mental health or pain symptoms, it is not a substitution for your regular care.
- If you have thoughts of hurting yourself or others, you should seek help **IMMEDIATELY**. Contact your mental health care provider, call the **988 Suicide and Crisis Lifeline**, call 911, or seek care at an emergency room.