

Ketamine

QUICK REFERENCE GUIDE

Indications

- Anxiety
- Bipolar disorder
- Depression
- Eating disorders
- OCD
- PTS
- Substance use disorders
- Suicidal ideation

Dosing (70kg adult)

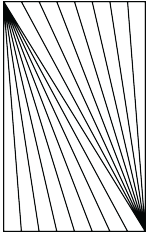
		PEAK EFFECT	PSYCHOLYTIC DOSE	PSYCHEDELIC DOSE
	IV INFUSION	1 min	35mg	70mg
	IM INJECTION	5 mins	33mg	75mg
	LOZENGE	20-30 mins	100mg	200mg
	PR SUPPOSITORY	20-45 mins	100mg	200mg
	PO LIQUID	1-2 hours	200mg	400mg
	RAPID DISSOLVE TABLET	15-30 mins	100mg	200mg
	INTRANASAL SPRAY (RACEMIC)	15 mins	75mg	150mg

Adverse Effects

- Changes in heart rate and blood pressure
- Increased salivation
- Nausea
- Vomiting
- Muscle spasms
- Headache
- Blurred vision
- Seizures
- Lower urinary tract symptoms
- Agitation
- Anxiety
- Increased suicidality

Subjective Effects

- Dissociation or a "trance-like" state
- Altered perceptions of time and space
- Changes in sensory perception
- Feelings of leaving one's body
- Emotionally intense visions
- Encounters with non-terrestrial beings
- Feelings of being reborn
- Vivid dreams or memories of past and future incarnations
- Ego dissolution and loss of identity
- Reliving one's life
- Deep feelings of peace and joy
- Feelings of interconnectedness with nature and others
- Feelings of cosmic unity



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Absolute Contraindications

- Allergic reaction to ketamine
- Uncontrolled high blood pressure
- Acute angle glaucoma
- Uncontrolled thyroid disorder
- Pregnancy
- Suicide risk
- Current diagnosis of schizophrenia, schizoaffective disorder, major depressive disorder with psychotic features, psychotic disorder
- Age 14 and under
- History of:
 - Ketamine abuse
 - Stroke or brain aneurysm
 - Mania/bipolar

Relative Contraindications

- Active or unstable substance use disorder that is not an indication for treatment
- Dissociative identity disorder
- Current diagnosis of borderline personality disorder
- Active or chronic severe suicidality and self-injury
- Active breastfeeding
- Sleep apnea
- History of:
 - Heart disease
 - Psychosis
 - Seizure disorders

Concomitant Medications

- Adderall (amphetamine / dextroamphetamine)
- Benadryl (diphenhydramine)
- Klonopin (clonazepam)
- Lyrica (pregabalin)
- Seroquel (quetiapine)
- Valium (diazepam)
- Xanax (alprazolam)