

KETAMINE INFUSION THERAPY

PATIENT INFORMATION SHEET

BACKGROUND

Recent research suggests that ketamine infusions can be beneficial to people suffering from severe depression where more conventional treatments have failed to provide adequate relief. Ketamine has been identified as an innovative treatment for depression.

WHO IS IT FOR?

People who have been diagnosed with treatment resistant depression may be suitable for Ketamine Infusion Therapy. If a patient is not responding to inpatient therapy, medication, or other forms of treatment, ketamine infusion may be considered as the next step.

About 30% of patients with resistant depression experience improvement in mood lasting at least three days. Occasionally, this benefit has been long term (e.g. For four months following three infusions over three weeks). However, for some the treatment may only be effectual for less than two weeks.

WHAT HAPPENS DURING A TREATMENT SESSION?

At Berrywood Hospital we provide an initial treatment of three ketamine infusions over a two to three week period to gauge the patient's response. After three treatments we explore possible ways to maintain the initial response with either further treatments or through other types of treatment or changes in medication.

(You will initially receive three ketamine infusions over two - three weeks).

On the day of your ketamine treatments you will come to the clinic at 08.00 - 10.00am. Please do not have anything to eat that morning and we advise to only sip clear fluids.

An anaesthetist will put a needle into a vein on the back of your hand and set up a syringe pump so that a low dose of Ketamine is gradually infused over 40-60 minutes.

During this time, you will be able to lie down on a patient trolley. A member of staff will remain with you throughout your treatment. Before, during and after the infusion we will check how you are feeling and ask you to describe and record any symptoms or side effects you may be experiencing.

You will stay in the clinic for at least an hour after the infusion has ended. After that, you will be able to go home or to the ward when you feel well enough to return.

We also ask that patients complete mood assessments prior to treatment. This will only take a few minutes.

SIDE EFFECTS

Ketamine commonly causes brief side effects including feeling 'spaced out' or drunk. Patients sometimes report that 'things look peculiar' or have hallucinations. Sometimes patients feel sick. Sometimes patients become anxious during the treatment. If during the infusion you find the side effects too unpleasant we can stop the infusion. The majority of these side effects wear off within one hour. Commonly patients feel tired during the afternoon of treatment. Sometimes patients also experience headaches.

There are theoretical risks of bladder damage with long term use. However, these are typically observed in individuals illegally taking the drug recreationally at much higher and more frequent doses. We will monitor this through intermittent testing of urine samples and a questionnaire.

As mentioned previously treatment involves having a needle put into a vein on the back of your hand and a low dose of Ketamine infused over 40-60 minutes. As a result, there is a chance that temporary bruising may occur at this site.

WHAT ARE THE POSSIBLE BENEFITS OF RECEIVING KETAMINE TREATMENT?

The treatment may reduce symptoms of depression. This is usually brief and not maintained and does not occur in everyone.

Patients who are going to respond to the treatment often notice a benefit within six hours. Sometimes, however, you may not notice an effect until after a second infusion. The duration of any beneficial response varies widely between patients. However, in those who respond, the duration of response tends to be consistent following each infusion.

Research evidence shows that 70% of patients with resistant depression experience improved moods which persists for at least a day, 30% have a benefit lasting at least three days.

WHAT HAPPENS AT THE END OF TREATMENT?

After the three treatments, your prescribing doctor will discuss further treatment options with you. These may include further Ketamine infusion sessions. It will be up to you and your own doctor to decide what treatment would be appropriate.

FURTHER INFORMATION AND CONTACT DETAILS:

If you have any questions or need more information please contact the treatment centre on:



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Tina.sore@nhft.nhs.uk



Lorraine.bastick@nhft.nhs.uk

If you require this leaflet in other formats or languages please contact PALS: 0800 917 8504

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0800 917 8504 নম্বরে পালস এর সাথে যোগাযোগ করুন

Jej šią skrajutę norite gauti kitu formatu ar kalba, kreipkitės į PALS: 0800 917 8504

Jeżeli są Państwo zainteresowani otrzymaniem tych informacji w innym formacie lub języku,

prosimy o kontakt z PALS pod numerem telefonu 0800 917 8504.

Dacă aveți nevoie de acest prospect în alte formate sau limbi, vă rugăm să contactați PALS: 0800 917 8504

Если Вы хотели бы получить данную брошюру на другом языке или в другом формате, просим обращаться в PALS (Информационная служба для пациентов) по 0800 917 8504.