

## **KAP Preparation and Aftercare Guide**

### *Preparation Instructions:*

#### **FASTING**

Having an empty stomach *greatly* reduces the risk of discomfort, nausea, and vomiting during your ketamine experience. It is important that you do not eat any food after midnight before the dosing session and have nothing by mouth within 4 hours of the dosing session. You will be able to eat with us at the end of your session.

Please take your usual medications with sips of water more than 4 hours before the start of the dosing session. (If you really need to have caffeine in the morning, please go ahead, but keep in mind the 4-hour fasting guideline.) If you forget and eat or drink anything, please call us so that we can reschedule your visit.

#### **SUBSTANCES**

Please avoid using alcohol, benzodiazepines, cannabis, opioids, NSAID pain relievers, stimulants, sedative hypnotics, and/or muscle relaxants for **72 hours PRIOR** to your session. These medications and chemicals interfere with the effectiveness of the medicine.

If you wish to have the full antidepressant effect, you will need to avoid these medications and chemicals for 72 hours **FOLLOWING** your session as well.

(Note: some people have reported that the use of Benadryl [Diphenhydramine] has dampened the effectiveness of ketamine, so it may be best to avoid this during the days before and after your treatment.)

We also advise that you not ingest any other psychoactive/psychedelic medicines for seven days before or after a ketamine session, as we want your body and psyche to have enough time to process your experiences. Please plan your schedule accordingly.

Please check in with us about all other prescribed medication during your initial medical assessment for more specific directions. If you have any questions about medications or interactions, please ask us!

#### **HEALTH AND WELL-BEING PREPARATION**

We encourage you to start paying attention to your physical and emotional self on the night before and morning of the session. This could mean making time for journaling, meditation, a ritual bath, relaxation techniques, or any other way that

you might prepare to enter a deep and sacred internal space. Try to limit screen time and involvement in stressful activities.

Make sure you are adequately hydrated and fed the day before so as to prepare you for fasting, and get as much restorative sleep as possible. Please notify us if you have any changes in your health or physical condition (fever, accidents, falls, chills, productive cough, flu-like symptoms, etc.).

We also recommend taking time off from work on the day of the ketamine dosing, (as well as the day after, if possible), which may increase the benefits and allow you for a deeper phase of reflection and integration.

## **THINGS TO BRING**

- Wear comfortable clothing you can relax in, and bring warmer layers
- Water bottle
- Light food for post-session meal as food helps the body recover from the treatment (note: there is a fridge and toaster oven on site, but no microwave; we will provide some fruit)
- Journal/laptop for reflection notes, or art supplies if you prefer expression in imagery (optional)
- Object for the altar (optional)

## *Aftercare Instructions:*

### **ESCORT**

Following each of the ketamine administrations, you will need to stay in with us for at least 2 hours. After 2 hours, we will check and make you are safe to return home. Please arrange for a trusted person to pick you up and take you home. We will release you to them at the end of our session.

We cannot release you to a taxi or car share service (i.e. Uber/Lyft) driver, and we ask that you not drive at all on the day of your administration.

Driving or engaging in any hazardous activities should not be undertaken on the day of the administration, and not until all effects have stopped, as reflexes maybe be slow or impaired.

### **SUBSTANCES**

As mentioned previously, we advise that you avoid alcohol, benzodiazepines, cannabis, opioids, NSAID pain relievers, stimulants, sedative hypnotics, and/or muscle relaxants for 72 hours FOLLOWING your session. You may continue your other prescribed medications as usual.

## **HEALTH AND WELL-BEING INTEGRATION**

You will receive an email with our Reflection Questions following your session, which we ask that you answer within 24 hours of your session, and preferably on the same evening. We have found that this immediate sharing can help you recall your experiences with richer detail, and can be useful information for later integration sessions on how to bring these insights into your daily life. (Our daily mood monitoring survey emails may also help you reflect on how your response evolves over the week following treatment.)

We also advise you to be thoughtful of the environment that you return to following your journey, given that such intense experiences can leave us more open and permeable to influence. This is a wonderful opportunity to foster change, and so we recommend that you choose a landing place that is both interpersonally and physically nurturing.

Plan to have a restful, relaxing recovery day, without significant obligations or plans. Some may feel activated after treatment; this is temporary. You may engage in calming activities (rest, meditation, exercise), and remind yourself that this will pass.

We again stress the importance of treating your body well during a course of KAP to maximize results. Physical activity can assist with general well-being. Massage or bodywork following your session can greatly enhance your connection to embodiment.

Be sure to get adequate sleep, especially on nights before a ketamine administration. Sleep is a restorative process that assists in regulating mood, body chemicals, the stress response, and inflammation. It is also helpful to reduce inflammation by avoiding coffee, alcohol, sugars, and processed foods as much as you can.

For more guidance on getting the most benefit out of your treatment, we offer a collection of [Integration Tips](#) to assist you in weaving insights gained during your journey into your life.

***Thanks for reading, and we look forward to participating in your journey!***