

## **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 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 sacred 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.

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 of 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.

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**

- Warmer layers of clothing
- Wear comfortable clothing you can relax in
- Light food for post-session meal
- Journal/laptop for reflection notes, or art supplies if you prefer expression in imagery
- 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 some trusted person to pick you up and take you home.

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.

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.

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. 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.

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