

PATIENT INSTRUCTIONS

What do I need to do to best prepare for the infusions?

- 1) Get a good night of rest the day before the infusion.
- 2) Make sure you have someone present to transport you home after the infusion is over.
- 3) Avoid caffeinated beverages.
- 4) Eat a good heart breakfast.
- 5) HYDRATE HYDRATE HYDRATE the day before and the morning of the infusion.
- 6) Avoid solid foods 4 hours before the infusion.
- 7) Clear liquids are allowable up UNTIL 2 hours PRIOR to the infusion, then nothing by mouth.
- 8) Do not drive, operate heavy machinery, or make important decisions for the next 24-48 hours after receiving infusions.
- 9) Avoid over-stimulating activities after infusions such as loud concerts, action movies, or crowds. Try to keep activities low key, restful, and relaxing.
- 10) Feel free to bring your favorite tunes with you to listen to during the infusion, but no books, video games, or movies.
- 11) Feel free to bring a list of questions or concerns you or your loved ones may have so that you may discuss it with Dr. Anderson prior to the infusion.
- 12) Avoid alcoholic beverages over the course of receiving infusions. Not only could it blunt the response that ketamine could provide you, it could also harm you when taken in combination. Also, alcohol is a central nervous system depressant, while we're trying to achieve the opposite effect. ☺

***** If you need to reschedule, please do so by calling Neuragain 24 hours prior to your appointment, at 513-802-9944.**