



Ketamine Therapy for Depression



Overview

This treatment is for people who have severe depression. It's a series of IV infusions of the drug ketamine. Ketamine is an anesthetic that controls pain. When we use it for depression, we use a very low dose.

What happens during an infusion session?

What happens during an infusion session? You sit comfortably while we put a catheter in your vein. We connect the catheter to an IV bag filled with fluids and the medicine. Then, you relax while the drug drips into your body. We watch you during the infusion to make sure you're comfortable and safe. When it's done, we take out the catheter.

How will an infusion affect me?

We need to watch you after the infusion. That's because for a brief time you can have feelings that may seem strange. You may experience confusion. You may feel like you're in a dream. Your vision may be blurry, and your speech may be slurred. You may also have things like nausea and vomiting. But these feelings go away as your body adjusts to the medicine. Then, you can go home. Someone else will need to drive you.

How often do I need treatment?

How often do I need infusions? You come in on a regular schedule, typically twice a week. It's common for patients to have a total of about six treatments. We may adjust this for your specific needs.

Conclusion

Ketamine therapy doesn't help all people who have depression. But it does give some people relief from symptoms when other treatments don't work. Your doctor will help you find out if you may be a candidate for this therapy.