

# Ketamine Therapy FAQs

## **Q: How does Ketamine work?**

**A:** Ketamine has been in use for more than 50 years. Ketamine has the ability to go to work right away, unlike most antidepressants which can take weeks, sometimes months, to provide relief. Feeling better faster, getting the mood to improve faster can be lifesaving in someone with depression. When Ketamine is administered in a very controlled manner, it triggers a sequence of events in the brain that regenerates damaged neurons.

## **Q: How many infusions will I need before I feel better?**

**A:** While Ketamine therapy is proving to be very promising, a single treatment can't be counted on to cure depression. Research has shown that a series of six infusions given every other day over a 12-14 day period can produce optimal outcomes. Ketamine infusion decreases the symptoms of depression in approximately 60-70 percent of all patients who receive it. It typically takes three Ketamine infusions to determine if it will help you.

## **Q: Will I need to be on Ketamine for the rest of my life?**

**A:** The majority of patients who respond to Ketamine therapy require "maintenance" infusions on an ongoing basis following the initial series of treatments. The frequency of these maintenance infusions varies from person-to-person and may be as often as one (1) to two (2) times per-month; while other patients may find their symptoms are manageable with little need for additional Ketamine.

## **Q: How long does the Ketamine infusion take?**

**A:** The infusion itself takes about 45 minutes, but there are activities that occur before and after the infusion. The infusion is administered under the direction and supervision of an anesthesiologist. Patients receiving a Ketamine infusion should plan on being at the hospital for 90-120 minutes per infusion.

## **Q: Will I be asleep? Are there any side effects that I need to expect?**

**A:** During infusion, you will be awake and able to interact with those around you, listen to music or just close your eyes and relax. Some people experience dizziness, fuzzy vision or a sense of floating, but these symptoms clear up quickly after infusion stops. Some people report fatigue or grogginess after infusion, so you need to be accompanied by someone who can drive you home. Do not operate heavy equipment for at least 12 hours after the infusion.

## **Q: Can I stop taking my other medications for depression after I receive Ketamine?**

**A:** No, it is very important that we review your current medication list prior to beginning Ketamine therapy. You will need to follow up with your psychiatrist after treatment, as your dosage may change.

## **Q: Will insurance cover this treatment?**

**A:** Ketamine infusions are not currently covered by insurance. Payment must be received before scheduling infusion therapy. Visits with the psychiatrist are a billable service that is often covered by insurance.

## **Q: How much does the program cost?**

**A:** The cost of a series of six (6) infusions is \$6,000. This includes your care in a safe hospital setting with the oversight and expertise of an anesthesiologist. If you require additional infusions beyond the initial six, they are charged at a rate of \$1,000 per infusion.

## **Q: How does treatment begin?**

**A:** Call Behavioral Health Services at 219-392-7025 to schedule an appointment with a psychiatrist. If you are currently seeing a psychiatrist, please have them call us – or bring records from them, so we can obtain information. We will also need a list of current medications.

For more information on Ketamine Infusion Therapy, visit:  
[www.nimh.nih.gov](http://www.nimh.nih.gov) • [www.webMD.com](http://www.webMD.com) • [www.Medscape.com](http://www.Medscape.com)