

Risks

For many patients with severe depression, the benefits of ketamine/esketamine far outweigh the risks. However, it is important to watch for potential adverse reactions and share them with your provider. Frequent, long-term use at high doses has been associated with bladder irritation. Your AB+BC provider will complete follow-up appointments to check in after each ketamine session and can adjust your dosage to minimize negative effects.

Prior to treatment, your provider will complete a risk assessment and may recommend another treatment method based on your health history.

Side Effects

Side effects may include nausea, dizziness, blurred vision, or a feeling of being dissociated from one's body. Heart rate and blood pressure can also increase by approximately 20 points for the duration of treatment. These side effects typically diminish quickly but can take a good night's rest to clear.



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Ketamine infusions have lifted years of depression fog that started after the birth of my daughter. I now have a sense of inner peace and belonging with the strength and courage to work on self-discovery and letting go of the things that no longer serve me.

- AB+BC patient



Advanced Brain + Body Clinic

Ketamine/ Esketamine (Spravato)

Fast-acting relief for severe depression

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About Ketamine/ Esketamine

Ketamine/esketamine are powerful medications that work differently than common antidepressants to stabilize symptoms of severe depression.

While most antidepressants work to increase neurotransmitters such as serotonin, dopamine, and norepinephrine, ketamine/esketamine work on the other side of the equation to improve the brain's response to neurotransmitters. They increase neuronal growth factors for three days after administration, resulting in rapid neuronal growth and improved brain functionality.

Ketamine works best when combined with a holistic psychiatric care plan. It can improve the brain's response to psychiatric medications, allowing you to subsequently reduce other medications.



How it's Administered

While esketamine is only administered through a nasal spray, our providers can administer ketamine through:

- IV
- Nasal spray
- Injection
- Oral/sublingual medication

Benefits

- 1. Fast-acting.** Rapidly reduce suicidal thoughts, depression, anxiety, and PTSD symptoms.
- 2. Work differently than antidepressant medications.** Ketamine and esketamine have a 75% success rate in helping patients who have not improved with other antidepressant medications.
- 3. Lasting results.** While it will likely take multiple treatments, they do not need to be taken daily. Most patients will need six initial treatments over 2-3 weeks followed by occasional maintenance treatments.
- 4. Typically covered by insurance.** Many insurance providers cover esketamine treatments for patients who have tried other antidepressants without success. At Advanced Brain and Body Clinic (AB+BC), we work with insurance providers to make ketamine treatments affordable and accessible.



Ketamine vs. Esketamine (Spravato)

At AB+BC, Spravato and ketamine are administered under the supervision of a trained mental health professional.

Esketamine (Spravato) is an active ingredient that is isolated from ketamine, making Spravato the branded version of the drug. Esketamine is more expensive, yet more commonly covered by insurance. The FDA approved esketamine (Spravato) for the treatment of depression in 2019 and for suicidal thoughts in 2020. Spravato treatment comes with a risk evaluation and mitigation strategy protocol (REMS). Spravato is only administered through a nasal spray.

Ketamine is the generic form of esketamine. Ketamine has not been FDA approved to treat depression and therefore does not require the same REMS protocol, however, AB+BC follows a similar protocol to ensure the safety of our patients.

At AB+BC, we offer ketamine as an IV, injection, or nasal spray, allowing your provider to better adjust your treatment to your needs. For example, an IV provides a more concentrated dose compared to a nasal spray, which may be needed for some patients.