

**Ketamine Assisted Psychotherapy Treatment Pre- and Post- Session Guidelines**  
**Polaris Insight Center - A Psychological Corporation**

Ketamine Assisted Psychotherapy can be a helpful treatment and it is important to follow pre- and post- treatment guidelines to receive the treatment safely and get the maximum benefit. By signing these Guidelines you agree to follow these guidelines. Not following these guidelines might result in medical risk, postponement, or cancellation of treatment. By signing these Guidelines you are as well saying that all your questions have been answered and you are voluntarily participating in the treatment.

**Pre-Ketamine Assisted Psychotherapy Session Guidelines**

- No alcohol 48-hours before treatment
- **Any** medication taken 72- hours before treatment **MUST** be discussed and cleared with the treatment team
- No food 4 hours before treatment
- No drink 1 hour before treatment
- No coffee, tea, or caffeinated beverage 5 hours before treatment

Mental preparation for the session:

- Pay attention to your mental and physical state up to a week prior to the session
- Pay attention to your dreams up to a week prior to your session
- Take time to meditate, journal, and relax
- Inquire about your intention for the session

What to Bring:

- Eye shades
- Journal
- Snack for after the session to help with grounding

**Post-Ketamine Assisted Psychotherapy Session Guidelines**

- No alcohol 48-hours after treatment
- **Any** medication taken 72- hours before treatment **MUST** be discussed and cleared with the treatment team
- You will need to arrange for a ride home after your treatment as you cannot drive or operate heavy machinery 12 hours after treatment
- To maximize the benefit of the treatment it is recommended to take the rest of the day off and engage in activities as taking a walk, taking a bath, relaxing, journaling, drawing, or listening to music