

Ketamine Infusion

A guide for patients

What is ketamine?

Ketamine is an anaesthetic drug that has analgesic properties in sub-anaesthetic doses. The mechanism of action is mediated by its activity on the N-methyl-D-aspartate (NMDA) receptor where it blocks excitatory nerve pathways involved in pain transmission. Ketamine is a schedule 8 medication.

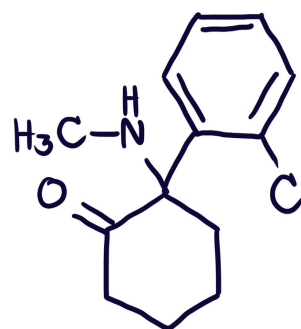
What is a Ketamine infusion used to treat?

A ketamine infusion can be used to treat a range of chronic pain conditions. Some of these include, but are not limited to:

- Neuropathic pain
- Spinal cord pain
- Complex regional pain syndrome
- Fibromyalgia

What is the aim of the infusion?

The aim of a ketamine infusion is to reduce your pain levels by winding down the sensitivity in your nerves that transmit pain. It also increases your sensitivity to analgesia, reducing the amount of medications you need for managing your pain.



Ketamine
 $C_{13}H_{16}ClNO$

Before the infusion

You will need to fast before the procedure.

This means:

- No food 6 hours before
- No liquids (other than water) 6 hours before (this includes coffee, tea, orange juice etc)

You can drink water up to 2 hours before the procedure.

Take your usual medications with a small sip of water.

Please contact us if you are taking any blood thinning medications, diabetes medication, pregnant, or unwell.

How is the infusion administered?

Ketamine infusions are administered in a hospital.

You will be changed into a gown will lie comfortably in a bed for the infusion.

An intravenous cannula will be inserted so that the ketamine can be administered via an infusion pump. The dose administered will be based on your body weight.

An anti-nausea medication is often given pre-emptively for nausea and vomiting, and a sedative may be given for anxiety.

You will be monitored by a nurse with regular measurements of your pulse, blood pressure etc

After the infusion

You will be assessed by our nurse to confirm you are safe for discharge.

Ensure someone can drive you home safely and be with you for the next 24 hours.

What are the side effects?

Yes, even in low doses ketamine can cause side effects in some people. These can include but are not limited to: light headedness, headaches, nausea, vomiting, hallucinations, dysphoria, heightened emotional response, increase in blood pressure and/or pulse, sedation, shortness of breath.



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