

Ketamine

Talk with your prescriber if you have any of the following conditions:

- History of cardiovascular disease, seizures, or substance abuse [4]
- If you are pregnant or may be pregnant [4]
- Uncontrolled hypertension [4]
- History of syncope or fainting [4]
- History of recreational ketamine use [4]
- History of cystitis [4]

Reasons not to use this medicine:

- If you have an allergy to ketamine or any other part of this medicine. Tell your healthcare provider if you are allergic to any medicine. Make sure to tell about the allergy and how it affected you. This includes symptoms like rash; hives; itching; shortness of breath; wheezing; cough; swelling of face, lips, tongue, or throat; or any other symptoms involved. [5] [6]

What is this medicine used for?

- This medication can be used for multiple indications:
 - To relieve pain including painful nerve diseases [1] [2]
 - Depression management [1] [2]
 - As an anesthetic [1] [2]

How does it work?

- Although its mechanism of action is not fully understood, it is known to block pain transmission at the NMDA receptor. [4]
- Neuroleptic effects via increased brain cell activity and dissociation for psychotherapy.

What are the precautions when taking this medicine?

- May cause drowsiness or dizziness. Avoid driving, doing other tasks or activities until you see how this medicine affects you. [5]
- May cause nausea or vomiting [5]
- This medicine may be habit-forming with long-term use [7]

What are some possible side effects of this medicine?

- Lightheadedness, dizziness, blurred vision, or inability to think clearly. Avoid driving, doing other tasks or activities that require alertness or clear vision. [8]
- Nausea or vomiting [1] [10]
- Headache [1] [10]
- Hallucinations [1] [10]
- High blood pressure. [1] [10]
- Transient muscle shaking [1] [10]
- Increased risk of a bladder irritation/painful urination and/or infrequent urination [1]
- Syncope

What should I monitor?

- Change in condition being treated. Is it better, worse, or about the same?

How should I store this medicine?

- Store at room temperature or in the refrigerator. If you notice other side effects that you think are caused by this medicine, tell your doctor.

Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088

How to Use:

SL RDT/Troche

- 1) Use spatula to remove troche from tray and place the troche under tongue or between cheek and gums as directed.
- 2) Do not swallow troche. Allow medication to dissolve completely under the tongue (about 10-15 minutes).

Cream

- 1) Wash hands before touching the medication.
- 2) Place medication on hands and rub into designated area for 30-60 seconds.
- 3) Wash hands after administering the medication.

Suppository

- 1) Wash hands before touching the medication.
- 2) **Unwrap** suppository.
- 3) Position yourself comfortably, either on your back, or standing upright with your legs a few inches apart and knees bent.
- 4) Push the suppository tip side up into rectum until seeded properly.
- 5) Wash hands after administering the medication.

Nasal Spray

- 1) Hold the device upright between your thumb and first 2 fingers. Do not press the plunger.
- 2) Tilt your head back slightly.
- 3) Insert the device tip into the first nostril. The nose rest should touch the skin between the nostrils.
- 4) Close the other nostril, then firmly press the plunger all the way up as you slowly breathe through your nose. Sniff gently after spraying.
- 5) Repeat the steps for the other nostril.
- 6) Do not blow your nose for at least 5 minutes to allow for absorption of medication.

References:

- [1] <https://www.ncbi.nlm.nih.gov/books/NBK470357/>
- [2] <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7152956/>
- [3] <https://www.rxlist.com/ketamine-hydrochloride-drug.htm>
- [4] <https://reference.medscape.com/drug/ketalar-ketamine-343099>
- [5] <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4874067/>
- [6] <https://pubmed.ncbi.nlm.nih.gov/10204901/>
- [7] <https://www.sciencedirect.com/science/article/pii/S2210844014200062>
- [8] <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4933765/>
- [9] <https://www.dea.gov/sites/default/files/2020-06/Ketamine-2020.pdf>
- [10] <https://www.drugs.com/illicit/ketamine.html>