

## What is Ketamine Infusion Therapy?

Ketamine is an anesthetic agent with powerful antidepressant properties. It was developed in the 1960's by University of Michigan physicians as a safer option to provide comfortable sedation for procedures. Over the last several decades, studies have shown the potential for low dose (sub-anesthetic) Ketamine as a therapeutic option for treatment resistant depression. Ketamine is a safe option to provide relief from severe and persistent symptoms of depression and suicidal thinking, and can potentially provide relief of symptoms within hours to days after a single infusion.

## How do I know if I am eligible for Ketamine infusions?

Patients must meet the following criteria:

- 1) Age 18 or older
- 2) Voluntarily consents to treatment
- 3) Primary mental health diagnosis of Treatment Refractory Depression (unipolar or bipolar), verified by an assessment at Michigan Medicine Department of Psychiatry
- 4) Commitment to undergo 3-6 infusions
- 5) Other treatment options have not succeeded
- 6) Ability to provide any medical records external to Michigan Medicine system
- 7) Requires reliable transportation and accompaniment by a responsible adult to infusions

For general questions, please email [UMKetamine@med.umich.edu](mailto:UMKetamine@med.umich.edu)

To schedule an appointment, a referral form must be completed in advance by your referring psychiatrist. The form can be found on our website: [psych.med.umich.edu/ketamine](https://psych.med.umich.edu/ketamine)



## For Treatment Resistant Depression

### Department of Psychiatry

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General Questions?

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## How is Ketamine administered?

Ketamine will be delivered through an IV as an outpatient procedure at the University of Michigan Hospital. Ketamine infusion therapy is administered by our team of medical professionals specially trained in the delivery of Ketamine. The infusions will take place as an outpatient procedure within the Department of Psychiatry's procedural unit at University of Michigan Hospital. Typically, a patient needs approximately 3 hours to participate in an infusion. A nurse will monitor your vital signs and provide support throughout the procedure.

## How many infusions will I need?

Patients receive 3 infusions (one every few days) to determine if Ketamine is an effective treatment option. After the initial 3 infusions have been completed, additional infusions may be scheduled. Most patients will receive between 3 and 6 infusions over 3-4 weeks. Patients will then be reassessed by a Psychiatrist to determine if they will have additional Ketamine infusions in a "maintenance phase" or if other treatment options should be considered.

## What can I expect?

Prior to the infusion, you will need a referral from your psychiatrist, who will continue treating you for depression after you have completed your infusions. You will then meet with a Michigan Medicine Psychiatrist at the Rachel Upjohn Building to assess the appropriateness of Ketamine infusion therapy. If Ketamine is recommended, scheduling for infusions will then be determined.

On the day of infusions, you should not eat or drink before the procedure. You may take your medications as directed by our psychiatrists. You will be assisted by one of our skilled nurses to a comfortable position within our procedural unit, and an IV will be started. Your Ketamine dosage will be determined by our treating psychiatrist. You may feel drowsy during the infusion. The nurse will monitor you during the infusion, and will provide additional support as needed.

Once the infusion is complete, the nurse will continue to monitor you for an additional hour, after which you will be discharged into the care of a responsible adult. At that time, you may resume your normal diet and medication regimen. You will be advised not to drink alcohol, drive, or make any legal decisions for 24 hours after the infusion.

## What are the side effects of Ketamine?

Most patients tolerate Ketamine infusions very well and report feeling mildly sleepy and relaxed during infusions. Some patients may experience nausea during the infusion which can be treated with medications. Patients may experience a disconnected feeling, double vision, or mild hallucinations briefly during treatment. Ketamine can raise blood pressure slightly for some and is monitored closely. Side effects are transient and typically resolve on their own within an hour after the infusion is complete.

## Will my insurance cover Ketamine infusions?

The initial provider consultation and all return visits with the provider will be conducted at the University of Michigan Rachel Upjohn Building and will be billed to your insurance. Any labs ordered at the initial consult or return visits will also be billed to your insurance. You will be responsible for any deductible, co-pay, and/or co-insurance amounts.

Insurance coverage for IV Ketamine infusions is evolving. At this time, pre-payment for physician services is required. Your insurance will be billed and may cover the remaining costs of treatment. You will be responsible for any deductible, co-pay, and/or co-insurance amounts. Infusion pricing and payments must be coordinated with a Patient Financial Counselor and paid prior to receiving an IV Ketamine infusion.

If you are uninsured, the infusion is still available to you and payable at an out-of-pocket discounted rate. All payment for initial and return visits, labs, the infusion, and any additional services will be your responsibility. You will work with a Patient Financial Counselor to pay for treatment.

