

# Medical Precautions for Ketamine Assisted Psychotherapy

## Contraindications

Ketamine assisted therapy is generally safe and well tolerated, but is not advised in the following situations. If you are unsure of your condition, please consult with your doctor or psychiatrist to determine whether you qualify for treatment.

- Ketamine assisted psychotherapy is not appropriate for those with a history of **psychosis, mania or schizophrenia**,
- Current use of **benzodiazepines, stimulants, lamotrigine, MAOI's** or active **substance abuse or dependence**.
- Those who have a known **allergy or sensitivity to ketamine** would not be a good candidate for KAP.
- KAP can increase blood pressure and heart rate. Those with **uncontrolled hypertension** are at risk for cardiovascular complications
- Ketamine can increase intraocular pressure and may cause complications for those with **acute angle-closure glaucoma**
- Ketamine can increase blood pressure and intracranial pressure, increase risk of bleeding for those with a history of **intracerebral hemorrhage (ICH)**.
- Ketamine can increase myocardial oxygen consumption and those with recent **myocardial infarction, heart failure, valve dysfunction** or other **cardiac complications** should not receive ketamine.
- History of seizure
- Severe renal impairment
- History of hallucinogen persisting perception disorder (HPPD)
- Pregnancy
- Breastfeeding (Unless the benefit outweighs the risk)

It is important to note that some clients with OCD and PTSD may not experience the full benefits of KAP due to an overactive brain activity that decreases the ability to enter into trance.

## Physical Side Effects

The most common physical side effects from ketamine are:

|                                               |                                                                    |                                                                  |
|-----------------------------------------------|--------------------------------------------------------------------|------------------------------------------------------------------|
| Headache                                      | Loss of appetite                                                   | Hypoesthesia (partial or total lack of sensation in a body part) |
| Blurry vision                                 | Confusion                                                          | Lethargy (fatigue)                                               |
| Nausea                                        | Nystagmus (rapid eye movements)                                    | Sedation (somnolence)                                            |
| Vomiting                                      | Restlessness                                                       | Vertigo (room spinning)                                          |
| Anxiety                                       | Slurred speech                                                     | Feeling drunk                                                    |
| Diminished ability to see/hear/feel           | Synesthesia (overlapping of the senses, for example seeing sounds) | Rarely a client can experience a feeling of paralysis            |
| Dry mouth                                     | Dissociation (feeling out of body)                                 |                                                                  |
| Lip tingling and/or heaviness                 | Dizziness                                                          |                                                                  |
| Elevated blood pressure                       | Tinnitus (ringing in the ears)                                     |                                                                  |
| Elevated heart rate                           |                                                                    |                                                                  |
| Elevated intraocular or intracranial pressure |                                                                    |                                                                  |
| Excitability                                  |                                                                    |                                                                  |