

Full Guide:

Ketamine Infusion



Know What to Expect:

Infusion therapies, while not a definitive cure for chronic pain, significantly enhance the management and coping mechanisms for those living with persistent discomfort. Setting achievable goals and engaging in forward-looking activities, such as planning a vacation, establishing exercise objectives, organising a social outing, or even a simple trip to the supermarket, can be highly beneficial.

During your stay, it is encouraged to undertake a personal project or a specific task. However, it is crucial to approach this with a flexible mindset. There may be instances where you might not accomplish what you initially planned. This should not be a cause for concern; the primary objective of your admission is to focus on effective pain management, thereby improving your quality of life. Remember, your well-being and pain management are paramount, and sometimes this means adjusting your expectations and plans accordingly.

Preparation is Key:

The prospect of a 5 to 6-night hospital stay can be daunting, but there are strategies to enhance comfort and well-being during this time.

The state of one's mental health and overall mood plays a significant role in the effectiveness of infusion treatments. It is crucial to address any concerns or stressors with family, friends, or your medical team prior to admission.

Taking time to indulge in personal care activities can be beneficial. Do something that you find comforting, this can be anything that improves your overall wellbeing.

Connecting with individuals who have undergone Ketamine or Lignocaine infusions can be incredibly supportive. Sharing experiences and asking questions can alleviate anxiety, as understanding the diverse experiences of others undergoing similar treatments can be reassuring. In the absence of a personal network, hospital staff, particularly nurses, can be an invaluable resource. Additionally, interacting with fellow patients on the ward can foster new friendships and provide support.

Physical well-being, particularly hydration, is paramount. Ensuring proper hydration before and during the hospital stay can significantly impact overall comfort and recovery.

Organising visits as friends and family can attend the hospital, having these interactions will give you something to look forward to.

Lastly, preparing a detailed list of medications, including dosages and administration times, can streamline the process for the ward doctor and minimise potential issues during the stay. This preparation aids in ensuring continuity and accuracy in medication management throughout the hospitalisation.

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Packing Suggestions

What should I bring?

- Own Pillow
- Own Blanket
- Teddy (if needed - adults need comfort too)
- Medication List
- Medications
- Chargers - phone, tablet, headphones, watch
- Streaming passwords (Netflix, Stan etc.)
- Heat pad - Electric only hospitals cannot heat up wheat bags or fill hot water bottles. If you don't have an electric heat pad nursing staff can get you a heat pack.
- Water Bottle
- Snacks- Cover all bases sweet, salty, sour (You never know what you will crave.) Mints/Hard candies are great for the dry sticky mouth you often get with infusions.

Clothing Suggestions:

- Choose Comfortable, Loose Clothing: Wear garments that are non-restrictive for ease and comfort.
- Anticipate Temperature Changes: Bring extra clothes, including a spare set of pyjamas, as you may sweat during the treatment.
- Wear Slip-On Shoes or Slippers: These are convenient for walking around during the treatment.
- Pack Outdoor Wear: If you plan to go outside, bring appropriate clothing like a jacket to match the week's weather.

Bathroom and Toiletries:

- Moisturiser: Vital for maintaining skin comfort and preventing dryness due to indoor heating or air conditioning.
- Sunscreen: Patients are encouraged to spend time outdoors, as it can significantly enhance mood and overall well-being. However, it is vital to apply sunscreen to protect against UV rays.
- Sensitive Toothpaste: During treatment, patients may experience heightened sensitivity, including oral sensitivity. We advise considering the use of toothpaste formulated for children or for sensitive teeth. Traditional toothpastes may be overly harsh and could potentially cause discomfort or a burning sensation.

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Other Things that May Be Handy:

- Fuzzy bed socks
 - Cozy dressing gown/Oodie or comfy hoodie
 - Meditation items
 - Headphones/Small Bluetooth speaker
 - Books, Puzzles, Lego, Art equipment, iPad, Make-Up.
 - Stretch band/physio equipment
 - Sleep Mask
 - Ear Plugs
 - Electric Fan
 - Note book for questions/notes
- Whatever you need to pass the time.

When You Arrive for Your Admission:

Admission Scheduling and Arrival:

Upon confirmation of your treatment dates, you will be provided with a specific admission time. Upon arrival at our facility, you will be required to complete essential insurance paperwork.

Initial Infusion Preparations:

For patients receiving their first infusion, an intravenous (IV) line will be placed, which will remain in situ for the initial three days or throughout the dosage increment phase.

ECG Monitoring for Lignocaine Patients:

Patients receiving Lignocaine infusions will undergo an electrocardiogram (ECG) as part of routine monitoring.

Subcutaneous Butterfly Needle Insertion:

A small, subcutaneous butterfly needle will be inserted into your abdomen. While this procedure is generally less painful than a blood test, we understand that some patients may experience anxiety. Following the insertion, the needle is removed, leaving only a small plastic tube within the skin.

Butterfly Needle Maintenance:

The butterfly needle is typically changed every other day. However, if you notice any redness or experience pain at the insertion site, please inform your nursing team immediately.

Monitoring During Infusion:

Once your infusion pump is operational, your nurse will conduct frequent observations to monitor your condition closely. It is vital to communicate any side effects or concerns you experience during this time.

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Initial Response to Infusion:

Feeling lethargic or experiencing a general sense of malaise during the initial stages of the infusion is not uncommon. Typically, patients begin to feel an improvement by the third or fourth day, which often coincides with reaching the maximum dosage.

Managing Nausea:

Nausea is another frequent side effect. Patients are encouraged to inform the nursing staff, who can provide appropriate medication. If discomfort persists, temporarily pausing the infusion may be beneficial. This should not be viewed as a failure or a sign of weakness; it is essential to listen to the body's needs, and a brief pause can significantly aid recovery.

Emotional Responses:

Patients may experience heightened emotions, particularly towards the end of the infusion week. Such reactions can occur unexpectedly and may seem irrational. It is important not to suppress these feelings. Continuous communication with family, friends, support groups, doctors, and nurses is encouraged. Patients should feel comfortable sharing their experiences, as the healthcare team is well-equipped to provide support and guidance.

Tips n' Tricks:

- **We Encourage Daily Movement:** Patients should aim to leave their room daily, even for short walks around the ward, to experience a change of scenery and improve mood.
- **Stress Management:** When feeling overwhelmed, patients are advised to pause, engage in deep breathing exercises, and reset their focus. Reach out to family and friends for help, the nurses are also there to help.
- **Routine Maintenance:** It's beneficial for patients to maintain a regular routine, including getting dressed, eating meals at usual times, and adhering to a normal sleep schedule.
- **Engage in Enjoyable Activities:** Patients should engage in activities that bring joy and relaxation, such as music, puzzles, or knitting, to aid in their recovery and mental well-being.
- **Social Interaction:** Maintaining communication with family and friends is crucial.
- **Sleep Assistance:** For better sleep, patients can explore sleep-assisting podcasts, other pre-sleep activities that assist patients at home to promote sleep are highly recommended.

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Some Physical Symptoms Include:

Lethargy	Constipation
Menstrual Bleeding	Sweating
Bloating	Dry Mouth
Blurred/double vision	Nausea/Vomiting
Mood swings	Reduced appetite
Feeling teary/emotional	Feeling lightheaded

After your Infusion:

- Patients are advised not to operate a vehicle for the initial 24 to 48 hours following their procedure. This precaution is necessary to ensure patient safety, as response times and judgment may be impaired.
- Upon returning home, patients may experience increased drowsiness. It is important to listen to your body and rest as needed. Avoid overexertion to facilitate a smoother recovery process.
- Post-procedural side effects may include abdominal cramping and sweating. These symptoms are typically transient, resolving within 2-3 days. Should these symptoms persist or worsen, please contact your healthcare provider.
- It is common for the infusion sites to exhibit redness, soreness, and possibly a lump. Patients will be provided with a topical cream to alleviate these symptoms. Additionally, the application of ice packs or cold, damp face cloths can provide further comfort.
- Patients are encouraged to keep a record of any concerns or questions to discuss during their follow-up.
- Should you experience uncertainty, signs of infection, or feel unwell, it is imperative to promptly contact the ward or your doctor's office for advice. Immediate medical consultation is crucial in addressing any potential complications or concerns.

Wishing you every success with your infusion!

This guide was prepared in collaboration with Pain Matrix patients, please be advised information in this guide is based solely on patient experience and your experience may differ, consult your specialist if you have any questions.

Information Sheet:

Ketamine Infusion

What is Ketamine?

Ketamine is a highly specialised pain management drug. In the management of chronic pain, the use of ketamine can be an effective drug in lowering pain levels and/or increasing function that may not have been achieved with other medications.

How is it administered?

A small pump delivers a carefully controlled continuous dose of ketamine to the subcutaneous (area under the skin) of your abdomen. The ketamine then slowly absorbs into your bloodstream. This approach - rather than directly into your bloodstream - reduces risk of infection and reduces the risk of side effects. At the start, your dose (amount of ketamine) may be very low and gradually increase as appropriate.

Are there potential side effects?

Potential side effects can include:

- A feeling of slight sedation or grogginess
- Problems concentrating or judging distances
- A feeling of 'floating' or lack of spatial awareness
- Less common side effects include disorientation and forgetfulness, and very rare side effects include hallucinations

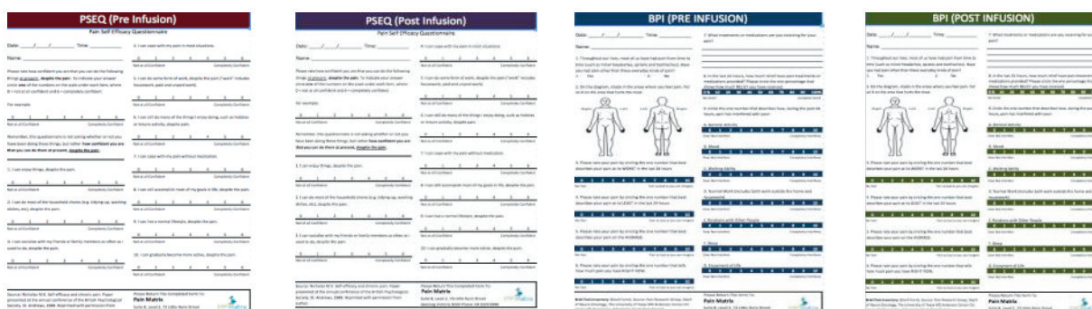
We encourage you to inform your nurse if you experience any side effect for monitoring. In some circumstances, the infusion can be paused to allow the side effect to lessen before resuming the infusion.

Can I continue taking my other pain medications during the infusion?

You should plan to continue your normal pain relief measures, including prescribed medications, while on the ketamine. If the plan for your infusion involves lower doses of your current medications, your pain specialists will supervise these changes during the infusion.

How soon can I experience benefits and how long can they last?

For some clients, benefits are felt during the admission, others may notice the benefits a number of days after they have been discharged from hospital. Some clients may not experience benefits from the infusion. The length of time that you may experience benefits can range from days to many months.



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What is the process for coming into the hospital for the infusion and what can I do during my infusion?

- Please ensure Pain Matrix Eastern has received a health summary from your General Practitioner. Mitcham Private will then contact you with your admission date and time.
- On the day of admission, enter Mitcham Private the hospital through the front (main) entrance and present to the main reception. You will then be taken to your room and meet your admitting nurse.
- During your admission you will be able to complete normal daily routines such as showering and dressing and perform daily exercises.
- You will be asked to complete a short questionnaire before starting the ketamine, on the day you go home, and 12 weeks afterwards. The purpose of these questionnaires is to assist us to see if the infusion has provided you with benefit.

If there are any other questions you or your family have, note them down so the nurses or pain specialists can attempt to answer them for you.

Please ensure you schedule your post-op appointment with your regular provider at Pain Matrix Eastern. This is typically booked 4-6 weeks after discharge. You can do so online or by calling us on 03 9739 8353.