

Riverbird Clinic

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Instructions For At-Home Ketamine Use

SCHEDULING

- 1) If possible, try to choose a regular day each week for Ketamine administration. (It is better to stick to a regular dosing schedule, instead of in response to emotional distress or the day's events.)
- 2) Set aside at least three hours for each session.

SET

- 1) Set intentions for your inner work before dosing each time.
- 2) Cultivate a contemplative state of mind with your preferred practices (e.g. meditation, progressive muscle relaxation, deep breathing, journalling, ritual, bath, etc.).
- 3) Please follow all the same physical health preparation instructions (avoiding mitigators, fasting, restrict fluids) as is detailed in our KAT Preparation Guidelines document. Specifically, avoid food four hours before the session, and liquids one hour before, unless other arrangements have been made with your provider.

SETTING

- 1) Choose a quiet, safe, and comfortable place to recline, where you will not be disturbed for a few hours. Arrange blankets and pillows as desired. Turn off your phone and minimize all potential distractions.
- 2) Use eye shades to encourage an internal focus.
- 3) Select a music playlist that will facilitate a relaxed, expansive state of mind (preferably without words); ask us if you would like playlist suggestions. The playlists we use for our sessions at Riverbird are available on Spotify on our resources page: www.riverbirdclinic.com/resources.
- 4) Ensure you have water on hand and food prepared to ground your physical being upon your return.

SITTER

A sitter is not required, but many patients find it highly supportive, particularly for initial home sessions.

- 1) You may wish to arrange support person/sitter to watch over your physical safety while under the influence, and to ensure you do not drive that day or move about before the effects have passed. (They need not stay in the room at all times, but be within earshot, and should check in on you periodically.)
- 2) You may enlist your sitter to help time the session, and to adjust the music, temperature, or lighting if needed. They may provide a buffer against any possible distractions or interferences (such visitors at the door or device notifications), and discourage you from messaging/calling people while under the influence.
- 3) Clarify with your sitter that they are not providing medical support or therapy (even if they do such work professionally), and should be free from ulterior agendas for your interior work. (You may direct them to the Zendo Project's excellent information about the role of a sitter during difficult psychedelic experiences, or view their demonstration video together.) Please provide them with numbers to call for assistance if there are medical concerns, or if you desire mental health support.

SESSION

- 1) Follow the dosing instructions given by your provider. Ketamine will come in a sublingual form of administration (either rapid dissolving tablet, troche, or liquid). If you have not been given specific instructions by your provider, start with one 100mg Ketamine. Hold it in your mouth while you are sitting upright, allowing it to dissolve under your tongue.
- 2) Hold your saliva for 12-15 minutes, moving the fluid around to allow for more surface area coverage every couple of minutes. (You may ask your sitter to let you know when this time has elapsed.) You may then either spit out the Ketamine or swallow it. Swallowing may give a heavier body experience and cause you to feel more sedated at the end of the session, while also prolonging or slightly deepening the experience.
- 3) After spitting or swallowing, you may recline, and continue deep breathing/relaxation techniques to help you to stay present, allowing for a shift in your awareness after about 15-20 minutes.
- 3b) If you have been instructed that redosing is OK for you, then you may consider doing so at around 25-40 minutes. If you started at 100 mg then a redose of 50 to 100 mg is good. Repeat step 2 above to redose.
- 4) Remember that this is your time to be with yourself in a deeper way than everyday life permits. Recall your intentions, and also hold them lightly, allowing and accepting whatever is present for you in this moment.

5) As the medicine wears off, allow for another 30 minutes of reintegration from this experience. Continue to rest, and have your sitter check on you, offer water, or attend to any other needs.

6) Be slow in re-engaging with your usual patterns; defer phone and media use for a few hours. Consider journaling about your experience. You may also refer to our Integration Guide handout for more guidance on getting the most benefit out of your treatment.

SAFETY

1) Please stay in a reclining position while you are under the influence, and be cautious when you first stand up after its effects have passed. Ask your sitter to assist you if you need to use the restroom early in the session, and to offer a hand when you first rise.

2) Please do not drive a motor vehicle or operate heavy machinery for the rest of the day following your dosing. Confirm with your sitter that this is not advised, and to discourage you from doing so if need be.

3) Please do not use lighted candles or other open flames during the ketamine session.

4) Do not go into the bath, hot tub, sauna, or other water while under the influence of ketamine.

5) If you do not have a sitter please use stereo speakers or headphones at a low volume which do not block out external sounds. This is important so that you can still recognize emergency signals such as a fire alarm.

STORAGE

1) Please keep your ketamine supply in a secure location, and be cautious about who you inform about its presence in your home. We will not be able to replace lost or misplaced Ketamine.

2) Your prescription is not to be shared with anyone else. Please help us protect the integrity of our practice by exercising discretion and care in this regard.

3) Please keep Ketamine out of the reach of children and pets, as their fruit flavoring can be appealing to these vulnerable beings.

CHECK-IN AFTER EACH AT-HOME SESSION

Please send us a brief email check-in after each experience so we may monitor your progress. Please send this email no later than the afternoon of the day following the session.

In most cases, we will schedule a weekly or bi-weekly integration session to monitor your progress.

Please let us know if you have any questions about these instructions.