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BACKGROUND INFORMATION FOR KETAMINE USAGE IN TREATING DEPRESSION

I. Over the last decade or so there has been interest in developing novel medication approaches to treating depression; to this end, investigations into the use of ketamine (an FDA-approved medication for use in anesthesia) have been done by various researchers to explore the safety and effectiveness of the use of ketamine in the treatment of depression, bipolar depression, and suicidal thinking.

II. Taken as a whole, these studies, which use sub-anesthetic dosages, have been quite successful and remarkable, confirmed by several investigators, demonstrating a rapid onset of mood improvement for most patients with very few side effects. This improvement can be seen as quickly as the same day of the ketamine treatment, and this improvement tends to last from between 3 and 14 days, depending on the person. Since ketamine only comes in liquid form, the vast majority (but not all) of these studies have been done using intravenous (I.V.) ketamine in an inpatient hospital setting. There are some studies looking at ketamine as an intramuscular injection (I.M.) instead of using the IV route, with roughly the same positive outcomes and few side effects. How often ketamine treatment may need to be repeated is not well-established; at this point around three treatments spread apart over 3 to 6 weeks seems to be the norm for improvement. After the course of treatment, medications are used to try to maintain in the long term the improvements seen from ketamine.

III. Although a good majority of people in the many ketamine studies showed significant benefit from ketamine, not everyone was so fortunate. Like all medical treatments, some people respond, and a portion do not. That is to say, there is no guarantee whether expressed or implied that ketamine would be helpful in your particular case for depression.

IV. The results of these many studies has shown such promise that pharmaceutical companies are now trying to develop a marketable, more convenient version of ketamine for use in treatment resistant depression, but this development is likely 5 to 10 years away.

V. A lot is known about ketamine since it has been available and used for around 40 years now, and is still used today in certain patient types and in veterinary medicine. Ketamine is also known by several street names (such as "Special K") because it has been used illegally and recreationally. In this environment, ketamine is generally mixed with other substances of abuse and at higher dosages than are used for treating depression, and people have had some bad effects from this, although usually only temporarily. It is uncertain if ketamine itself has addiction potential when abused like this. In contrast, no addiction issues have arisen in the many studies investigating ketamine for use in

depression, and no issues have arisen in the many decades that ketamine has been used for anesthesia in adults, children, or animals, and likewise none in the use of ketamine in certain chronic pain scenarios. Ketamine appears to be safe even in excessive, or “overdose” situations, even in children.

VI. I have read the above information on ketamine and its proposed use in the treatment of depression, and realize that there is no guarantee that this, or any treatment modality, will be successful. I also understand that ketamine- although an FDA-approved medication for anesthesia- is not FDA-approved for the purpose of treating depression or any other psychiatric conditions. I have been given the opportunity to ask questions and receive satisfactory answers regarding ketamine usage.

Patient Name

Patient Signature/Date

FOR CONSULTATION PATIENTS ONLY:

I, the undersigned, understand that Dr. Goldman is acting as a short-term consulting psychiatrist, and is not establishing a long-term doctor-patient relationship by his agreement to treat me with ketamine. I will continue to maintain a primary treatment relationship with my current psychiatrist or primary care physician, and will follow-up with that person on an on-going basis. I understand that once my treatments using ketamine are finished, my treatment relationship with Dr. Goldman is also concluded.

Patient Name

Patient Signature/Date