

GROUP ORAL KETAMINE TREATMENT (GOKT)

This is being provided as a lower cost alternative to IV ketamine therapy. Ketamine will be administered orally, twice a week in our office in a group setting. Ketamine dose will be calculated on weight and increased at each session if needed for response. On average, slightly fewer patients will respond to oral ketamine and response will take longer (when compared to IV therapy). However, oral ketamine administration takes place with group discussion, which has been shown to improve the effectiveness of ketamine.

CRITERIA:

- An eligible patient will have an established diagnosis of PTSD, TRD, MDD, or Bipolar I and II.
- The patient will need to provide records (such as their most recent office visit note) from their primary doctor or psychologist with this diagnosis.
- The patient's current physician or psychologist must be agreeable to ketamine therapy for treatment. This will be verified via phone call from our staff.

PROCESS:

- The patient will have an in-person office visit to determine eligibility and appropriateness of GOKT. At this visit, consent paperwork, including this contract, will be signed.
- GOKT consists of twice-weekly dosing session with a small group of ketamine treatment patients (4-8 people) along with the clinic nurse.
- Sessions will be on **Mondays and Thursdays from 9am-11am**. Patients will need to arrive before 8:45 am to fill out mood scores before the session can begin.
- The entire treatment program consists of four weeks, eight total sessions.
- Each dosing session will start with vital signs and mood scores followed by oral ketamine administration, group discussion and then discharge.
- Patients will not be allowed to drive themselves home immediately following treatment.
A patient may:
 1. Relax in the lobby for two hours and then drive home.
 2. Have a friend or loved one take them home
 3. Take an Uber/Lyft/Taxi home.

FOLLOW UP:

- If ketamine treatment has been successful, patients will receive an RX for ketamine treatment to be taken twice a week at home.
- If the patient has had only minimal success, there will be one follow up office visit included in the program to determine if proceeding with IV is appropriate or if there are other treatment options.
- All patients that continue home ketamine treatment will need to have an office visit with the physician every three months. The cost of an office visit is \$300 and is not included in the original price of the program.
- If ketamine treatment is successful, weaning of daily pre-existing medications will be arranged by the patient's primary physician.

COST:

- \$300 for the initial office evaluation.
- \$900 for the Group Oral Ketamine Treatment program.
- On average the ketamine troches prescription for home use are \$60-\$80 a month.
- \$300 for follow up office visits every three months.
- If the patient leaves the treatment program early, no refunds will be made.
- Patients may make up two missed dosing sessions privately, no refunds for missed sessions.