

WHAT TO EXPECT AS THE SUPPORTIVE OTHER

Thank you for driving your friend or family member home from Michigan Progressive Health. We appreciate your support and that you've taken time out of your day to ensure their safety. We encourage you to learn about and be respectful of the preparation plan that your loved one has made. Here are some helpful tips for caring for your loved one after their ketamine experience:

IN THE KETAMINE SESSION

If you will be sitting in with your loved one, please try to avoid initiating conversation if possible. If you have any questions for the medical team, let your loved one know that you are stepping out of the room and will be right back.

CONVERSATIONS AFTER KETAMINE

It is normal to want to hear about your friend or family member's ketamine experience. However, your friend or family member may not be ready to discuss it. If you're not sure if your loved one wants to share, you can tell them, "I'm here to talk if you want, but no pressure." Don't take it personally if they seem quiet. At the very least, avoid bringing up painful or difficult topics on the ride home, such as COVID-19, politics, family dynamics, money, or employment.

DRIVING HOME

Make a navigation plan ahead of time. If you're not sure how to get home from the clinic, use Google Maps, Apple Maps, or ask one of our staff to print you a map. Please do not ask your friend or family member for directions on the way home from their ketamine experience.

DECISION-MAKING

Avoid asking your loved one to do anything important or make big decisions for the rest of the day. For example, now is not the time to discuss financial matters!

ACTIVITIES

Some patients want to go home and sleep after their experience, others are fine going out to eat or socialize. Making a plan ahead of time can help reduce any confusion or uncertainty, but also leaving room for new additions if your loved one feels up to something that was not previously planned. Be respectful of their needs and allow them to choose how to spend the rest of the day.

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