



PAIN MANAGEMENT



Intravenous Ketamine Infusion

Information for patient and families

We would like to thank the team of MUHC librarians, the medical, the nursing team of the clinic and the patient partner for the development, plain language editing, design, layout, and the creation of all images.

Your doctor has offered you an intravenous ketamine infusion to reduce your pain, improve your quality of life and help you be more active.

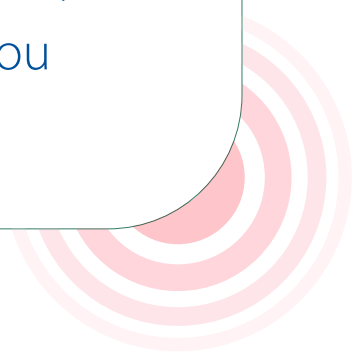
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What is ketamine

Ketamine is a medication normally used to put patients to sleep for surgery (general anesthesia).

It is also used to relieve certain types of chronic pain.



Ketamine given through your vein (intravenous ketamine) can help control chronic neuropathic pain (pain caused by nerve damage) and other conditions such as migraine, complex regional pain syndrome, fibromyalgia.

What do I need to do before my infusion

- Your doctor will explain the reasons for the treatment, how it works, potential benefits and possible risks.



IMPORTANT :

Someone must come get you after the infusion to have them drive you home.

You will not be allowed to leave alone.

When should you reschedule your infusion

You should reschedule your appointment if you have:

- An infection (cold, sinus infection, bronchitis, or pneumonia, etc.) and are taking antibiotics
- A fever of 39°C (102.2°F) or higher
- Nausea, vomiting, or diarrhea



***Please inform your pain doctor
if you are:***

- *Pregnant or planning to become pregnant.*
- *Taking medications, supplements, or other natural health products as they can interact with ketamine or change the way it works.*

What to expect on the day of your infusion

- Arrive 15 minutes before your scheduled appointment.
- Take all your regular medications, including your pain medications, unless otherwise instructed.
- You may eat and drink as usual. Feel free to bring a snack.
- The treatment will last between 1-2 hours. Plan to be at the clinic for approximately 2 hours.
- You will be seated in a reclining chair or lying on a stretcher.
- You may be seen by a doctor (who may be different than your usual treating doctor) to manage any side effects.



A nurse will be with you during the treatment to:

- Record your weight and height
- Insert an intravenous line (a small tube usually in your hand or arm)
- Prepare the medication
- Monitor your vital signs
- Observe and respond to any side effects
- Answer any questions you may have



*You are welcome to bring
a book, music, or something else
to help pass the time.*

*You may also bring a family
member or friend to stay with you
throughout the infusion.*

What to expect after the infusion



Each person responds differently to the treatment depending on the cause and nature of their pain.

You may experience any of the following:

- Immediate pain relief, which may last several days or weeks.
- Gradual reduction of pain relief over time.
- Only temporary pain relief or minimal or no effect on your pain.

→ After your ketamine infusion:

- Continue recording your pain levels and symptoms in your diary. You will discuss with the nurse and doctor at your next appointment.
- The nurse or doctor at the clinic will call you in approximately 2 weeks after the infusion.
- Your medical team will decide whether or not to continue the treatment based on your response to the infusion. You may continue to receive Ketamine infusions if you:
 - Have less pain
 - Notice a better quality of life
 - Are able to function better

→ Your treatment plan will be discussed with your doctor.



Please note that Ketamine infusions are not intended for a long term treatment (i.e. over many years)

What are the possible side effects of an infusion

You may experience one or the following symptoms during or shortly after the treatment:

- Nausea/vomiting
- Dizziness
- Feeling light-headed
- Double or blurry vision
- Increased blood pressure
- Hallucinations, of what you see or what you hear
- Anxious feelings
- Drowsiness (feeling sleepy)
- Temporary trouble with your memory (forgetting things easily)
- Strange dreams or nightmares



These feelings are normal. Some feelings go away within the first few hours after the procedure while others can last longer.

Do not drive or make important decisions until these effects have completely worn off.



For medications related questions, please contact your local pharmacist.



To speak with your physician or clinic nurse at Alan Edwards Pain Management Unit (AEPMU):

514-934-1934 ext. 48222

Monday through Friday,
from 8 a.m. to 4 p.m.

 ◦ Quebec Chronic Pain Association douleurquebec.ca/en	 ◦ Canadian Pain Society canadianpainsociety.ca
 ◦ My pain management ◦ My Pain Management gerermadouleur.ca/en	 ◦ Power Over Pain poweroverpain.ca
 ◦ International Association for the Study of Pain iasp-pain.org	



Notes

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Important: Information provided by this booklet is for educational purposes. It is not intended to replace the advice or instruction of a professional healthcare practitioner, or to substitute for medical care. Contact a qualified healthcare practitioner if you have any questions concerning your care.

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