

Consumer Questions to Ask a Potential Ketamine Provider

What form of ketamine do you have available? Intramuscular injections, lozenges, IV?
What is the difference in cost?

Who will be in the treatment room with me during the ketamine treatment? Will they be in the room the entire time?

Can I hold their hand if I need to/want to?

Will there be therapy with a therapist available before the actual medicine sessions in prep sessions? Therapy with a therapist available during the ketamine sessions?

Will there be anyone taking notes on what I am saying in my session so that I can have the transcript to take with me and have for myself or to share with my therapist? If not, can I bring my own phone to voice record my session?

Will there be therapy available for me to integrate my experience in a therapy session after the ketamine session?

Will there be someone to talk with about issues from childhood during any portion of the treatment?

Can I talk during the ketamine sessions?

Will there be music on during the ketamine sessions? Can I bring my own if not?

Can I choose a therapist based on their therapy approach?

Are there any trauma-trained therapists on staff?

Can I start with just one ketamine session and see how I feel or do I need to commit to a number of them?

Comfort-creating pieces to bring to a medical office for ketamine treatment

Photos of beloved family members, pets, friends, a childhood photo of yourself

Ritual objects or sentimental objects (rocks, crystals, AA chip, spiritual figurines)

Essential Oils

Fuzzy, Cozy blanket

Comfy, loose clothing and layers

Warm socks

Lavender filled pillow for soothing aromas <https://www.etsy.com/listing/1161645676/lavender-eye-pillow-weighted-acupressure?gpla=1&gao=1&>

Weighted blanket for grounding <https://www.walmart.com/ip/Tranquility-Weighted-Blanket-12lb/740799417?wmlspartner=wlp&selectedSellerId=0>

Voice recorder if there is no transcriber available

Speaker and playlist if no music is provided (East Forest is a great musical artist with albums for psychedelic therapy on Spotify)