

## **(TF) - Spravato Initial Treatment**

### **Preparing for Treatment**

Plan for rides to and from the treatment center. You won't be able to drive, operate machinery or do anything where you need to be completely alert until the day after a treatment session, following a restful sleep.

You may wish to bring a form of entertainment, like a book or playlist, for the session. A healthcare provider at the treatment center will monitor you for at least two hours after treatment.

Avoid eating two hours before, and drinking liquids 30 minutes before, the treatment session. Some patients taking SPRAVATO® may experience nausea or vomiting.

If you take a nasal corticosteroid or nasal decongestant medicine, take these medicines at least one hour before taking SPRAVATO®.

### **Observation and Restrictions**

At each session, you will be asked about your current depressive symptoms and how you are feeling over time.

After you administer SPRAVATO®, there will be an observation period of at least two hours, during which you will be allowed to rest comfortably while a healthcare provider monitors you for possible side effects.

SPRAVATO® can cause a temporary increase in your blood pressure that may last for about four hours after taking a dose. Your healthcare provider will check your blood pressure before you take SPRAVATO® and for at least two hours after you take SPRAVATO®. Tell your healthcare provider right away if you get chest pain, shortness of breath, sudden severe headache, change in vision or seizures after taking SPRAVATO®.

Tell your healthcare provider if you have problems thinking or remembering

Tell your healthcare provider if you have any side effect that bothers you or does not go away.

Before you leave, talk to your healthcare provider about your plans for the remainder of the day to figure out which activities may or may not be appropriate.

Be sure you have accurate contact information for the certified SPRAVATO® treatment center in case any questions or concerns come up after you leave. You can call or text us on our secure office line: 918.268.9578

Be sure to share your treatment experience with your referring healthcare provider, who will remain an important part of your care

### **SPRAVATO® Side Effects**

There's an increased risk of suicidal thoughts and behavior with SPRAVATO®.

Call us at 918.268.9578 right away if you have new or sudden changes in mood, behavior, thoughts or feelings, or if you develop suicidal thoughts or behavior.

SPRAVATO® may cause serious side effects including sedation, dissociation, abuse and misuse, temporary increased blood pressure that may last about four hours after a dose, problems with thinking clearly, and bladder problems, such as a frequent or urgent need to urinate, pain when urinating or urinating frequently at night.

**The most common side effects that can occur during and after taking SPRAVATO® include:**

- Feeling disconnected from yourself, your thoughts, feelings and things around you (dissociation)
- Dizziness
- Nausea
- Feeling sleepy (sedation)
- Spinning sensation
- Decreased feeling of sensitivity (numbness)
- Feeling anxious
- Lack of energy
- Increased blood pressure
- Vomiting
- Feeling drunk
- Feeling very happy or excited

I have read and understand the Spravato treatment information contained in this document.

**PATIENT SIGNATURE \***

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