



Spravato Treatment Experience

Comfort Items Available in the Room

- Blanket
- Kleenex
- Mints
- Eye mask
- Coloring books + pencils
- Drinks + light snacks
- White noise machine or fan

What to Bring to Your Appointment

- Phone or tablet with music
- Headphones or AirPods- Save playlists that feel calming or grounding
- Comfortable clothing
- A support person for transportation

Optional Items to Improve Your Experience

- Snacks you love
- Saved playlist
- Your personal blanket
- Journal

Why You Cannot Drive After Spravato

Spravato temporarily affects:

- Reaction time
- Coordination
- Balance
- Judgment
- Vision
- Ability to stay alert

Even if you feel fine, your brain and body are not coordinated enough for safe driving.

A responsible adult must drive you home, and you cannot operate machinery until the next day.

What to Expect During Treatment

Common sensations include:

- Feeling floaty or dream-like
- Legs feeling heavy or non-responsive
- Trouble walking without help
- Feeling like a 'floating head'
- Time feeling distorted
- Emotional release or calmness
- Deep relaxation

These effects are normal, temporary, and closely monitored.

Common Side Effects

- Dissociation (expected and temporary)
- Nausea
- Increased blood pressure
- Dizziness or unsteadiness
- Anxiety or fear during peak dissociation
- Metallic or bitter taste

Nausea Protocol:

- Offer mints and cold water
- Provide Zofran if needed

Hypertension Protocol:

1. Recheck BP
2. Dim lights, reduce stimulation
3. Monitor closely.
4. Follow emergency guidelines for SBP > 180 or DBP > 110

What Ketamine / Esketamine Does

Spravato works differently from traditional antidepressants. It:

- **Increases glutamate, the brain's communication chemical.** Imagine your brain cells are texting each other. Glutamate is the cell service that delivers the messages. When depression is severe, the signal gets weak. Spravato strengthens that signal so the messages finally go through again. When your glutamate levels work the way they should, your brain feels more awake, connected, and responsive. Spravato helps kickstart that system so your mood can lift. Like restoring a broken connection. This helps mood pathways work better.
- **Builds new neural connections.** Like repairing and adding new 'wires' in places where depression has worn things down. When your brain has more of these healthy connections, your mood can lift, and you're able to think and feel in a clearer, more balanced way 🔄
- **Improves mood regulation.** Depression is like having the dimmer switch in your brain turned all the way down — everything feels heavy, flat, or numb. Spravato helps turn the lights back on. It reconnects the areas of your brain that manage emotions, so your mood can rise and stabilize instead of crashing. Our mood is controlled by brain circuits. In depression, those circuits become weak or disconnected.

Spravato strengthens those circuits by:

- building new connections between brain cells
 - improving how the brain processes emotions
 - helping your thoughts and feelings flow more normally
 - reducing the 'stuck' or 'heavy' feeling
 - making it easier to feel motivated and hopeful again
- **Reduces suicidal thinking rapidly.** Spravato works on the parts of the brain that get stuck in hopeless, intrusive thoughts. It helps break that cycle so your mind isn't looping in the same dark place. That's why suicidal thoughts often ease quickly —

sometimes within hours. When depression is severe, your brain gets stuck in one painful lane of thinking, like a car trapped on a one-way road with no exit. Spravato creates new exits. It opens up different thought pathways so you're not locked in that hopeless mental loop anymore. Spravato activates the glutamate system, which rapidly improves neuroplasticity. This strengthens frontal-lobe regulation, the part of the brain that helps control impulses, emotional reactions, and negative thinking. When this area wakes up and reconnects, suicidal thoughts lose their power. Spravato doesn't just make you feel better it gives your brain the ability to step out of the crisis state. People often tell me that after Spravato, they still remember what they were feeling but the intensity is gone. The thoughts don't grip them the same way. There's space to breathe, think, and choose safety.

- **Helps break long-standing depressive patterns.** Long-term depression is like walking the same path in the dirt over and over and eventually you carve a deep trench that's hard to climb out of. Spravato helps create a new path. It gives your brain the chance to step out of the trench and form healthier, more flexible patterns of thinking and feeling. When depression goes on for years, your brain starts repeating the same negative loops such as hopelessness, numbness, exhaustion, low motivation. Spravato helps disrupt those loops by strengthening new connections in your brain. This lets you think differently, feel differently, and respond to life in a way that isn't controlled by the old depressive pattern. Chronic depression reduces neuroplasticity, the brain's ability to change. Spravato boosts glutamate and increases neuroplasticity, which allows your brain to 'reset' frozen circuits. That's why people often notice they can break habits like staying in bed, isolating, or shutting down emotionally. Depression creates a cycle that feels impossible to break. Spravato gives your brain enough momentum to get out of that cycle so you can finally start feeling better and functioning again.

Patients often describe:

- Mental clarity
- A sense of 'reset'
- Emotional relief
- New perspective

How You May Feel Emotionally

During or after treatment, you may experience:

- Calmness
- Euphoria
- Crying or emotional release
- Reflective thoughts
- Temporary anxiety

- Heightened awareness
- Spiritual-like experiences