



**LAKES**  
psychiatric  
center

**Patient Information**

Lakes Psychiatric Center is excited to offer Spravato treatments to you. In an effort to make you the most comfortable during monitoring time period, we have developed a list of items that you are welcome to bring with you. In addition, we have included some important reminders that were discussed at your preliminary meeting. As always, the team at Lakes Psychiatric Center are here to support you during this process and excited to offer this treatment to you.

**Suggested items to bring:**

- Phone, Laptop, iPad for entertainment (wifi is available)
- Pillow for comfort (you may want to lay down and it will be helpful during administration of medication)
- Book or magazines
- You will not be able to eat for 2 hours before the treatment or drink 30 min prior to minimize the risk of nausea/vomiting. Do not plan on drinking or snacking during the 2 hour monitoring, but exceptions may be made for individual circumstances.

**Other information:**

- Your driver is welcome to stay with you in the treatment room. If you will be dropped off, your driver WILL have to come into our office to pick you up. You will not be discharged to leave on your own.
- You will be monitored for minimum of 2 hours post administration of Spravato. Discharge is to the discretion of the practitioner when you are deemed medically stable to go home.
- Do not drive, operate machinery, or do anything that requires you to be completely alert after Spravato treatment until the NEXT DAY after a good night sleep.
- Your treatment schedule will require a regular time commitment. You will receive treatment 2 times a week for 4 weeks, 1 time a week for 4 weeks then 1 to 2 times per month as determined by your prescribing physician.

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