

Managing Your Pain with Ketamine Infusion

What is this treatment for?

Ketamine is a medication used to treat certain types of pain, particularly neuropathic pain, which occurs when nerves are damaged. If you experience significant pain of this type, your medical team may offer ketamine infusions to help relieve it. An infusion is a treatment in which the medication is administered slowly into a vein using a catheter.

How do I schedule an appointment?

You do not need to call to schedule an appointment. A staff member will contact you by phone to provide the date and time for each of your treatments.

What should I do before your treatment?

- It is important to arrange for someone to accompany you, as you will not be able to drive after your treatment.
- **Six hours before your first treatment**, you must not eat. You may drink water or clear liquids (liquids you can see through) and take your usual medications. If everything goes well, you may eat normally before subsequent treatments.

Where should you go for your treatment?

Treatment Locations – Full Contact Details

Fleurimont Hospital

3001, 12^e Avenue Nord
Sherbrooke Quebec

Enter through Door 3, go up to the 6th floor,
then proceed to Day Medicine (Room 6532).

Granby Hospital

205, boulevard Leclerc Ouest
Granby Quebec

Enter through the main entrance, go up to the 2nd
floor, then proceed to Day Medicine (Room 2).

Hôtel-Dieu de Sherbrooke

580, rue Bowen Sud
Sherbrooke Quebec

Enter through the main entrance, go up to the 2nd
floor, then proceed to Day Medicine (Room 2355).

Brome-Missisquoi-Perkins Hospital

950, rue Principale
Cowansville Quebec

Enter through the main entrance, go to Corridor B,
then proceed to the Pain Management Clinic
(Room 1.H.12).

How does the treatment work?

The treatment lasts 2 to 4 hours, depending on the prescription provided by your physician. During this time, you will be lying on a stretcher. You may rest, read a book, or listen to music.

A nurse will be present to install the required equipment, administer the medication, and ensure everything goes smoothly throughout the treatment. Before your first treatments, blood tests and an electrocardiogram (ECG) will be performed.



The steps of the treatment

1. The nurse inserts a catheter into a vein;
2. The medication is administered directly into the vein through the catheter, and the treatment begins;
3. During the treatment, the nurse monitors your vital signs, assesses your pain, and regularly asks how you are feeling. You will have a call bell if you need assistance or wish to go to the bathroom.
4. After the treatment, you will need to stay for about one hour to recover. Then, the person who came with you can take you home.

When will the treatment take effect?

You may experience pain relief during the treatment and in the hours that follow. The duration of pain relief may increase after each treatment. It is important to inform the medical team of how long the relief lasts during your next appointment.

Possible side effects?

You may experience certain side effects, most often during or shortly after the treatment. **It is very important** to report them to the healthcare team, as medications can be prescribed to prevent them from worsening or persisting, especially hallucinations.

- Double vision
- Temporary increase in blood pressure
- Visual or auditory hallucinations
- Dizziness or lightheadedness (similar to the feeling of having consumed alcohol)
- Mild excitement or drowsiness
- Memory problems
- Unusual dreams or nightmares
- Increased secretions

It is recommended that you do not drive or make important decisions for 24 hours following your treatment.

- **Please inform your pain clinic provider if:**
 - You are pregnant or planning to become pregnant;
 - You are taking other medications, including natural products or recreational drugs, as some may reduce the effectiveness of ketamine and interfere with treatment.
- **If you have diabetes**, inform the Day Medicine Unit staff when they contact you for your first appointment.
- **You must cancel your appointment if you have:**
 - An infection (sinusitis, bronchitis, or a positive COVID-19 test);
 - Fever;
 - Nausea, vomiting, or diarrhea.



How to cancel or reschedule a treatment?

1. Call the number corresponding to your treatment location:

- **Fleurimont Hospital** : 819 346-1110, ext. 14598, and also contact the nurse at the Centre d'expertise en gestion de la douleur chronique (CEGDC) au 819 346-1110, ext. 13577.
- **Hôtel-Dieu de Sherbrooke** : 819 346-1110, ext. 24310, and also contact the nurse at the Centre d'expertise en gestion de la douleur chronique (CEGDC) au 819 346-1110, ext. 13577.
- **Granby Hospital** : 450-375-8000, ext. 62971
- **Brome-Missisquoi-Perkins Hospital** : 450 266-4342, ext. 65601

Leave a voicemail including:

- Your full name,
- Your hospital file number (found on your hospital card),
- The scheduled date of your treatment.

Questions?

If you have questions about the medication, ask your nurse or physician during your next appointment at the chronic pain clinic. For your first treatments, close follow-up will be provided after each session to answer your questions and ensure safe care.

Useful resources

- Quebec Chronic Pain Association | Accueil | AQDC – douleurquebec.ca
- Quebec Pain Society – sqd.ca
- Canadian Pain Society – canadianpainsociety.ca
- Managing My Pain – gerermadouleur.ca

Reminder

Dates of your appointments: _____



Notes: _____