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# Ketamine Therapy at Gracie Square Hospital



## What is Ketamine Therapy?

Ketamine is a safe and effective treatment for individuals suffering with depression, especially if their symptoms have not responded to other medications. It can also help people with thoughts to harm or kill themselves. We offer ketamine infusions to those on our inpatient units.

We work closely with all members of your care team including psychiatrists, nurse practitioners, internists, nurses and social workers, and with you to determine if a ketamine infusion is right for you and to be with you during the Ketamine infusions.

## What can I expect before and during Ketamine Infusion?

You should not eat or drink anything two hours before the infusion. You may take your morning medications with sips of water as directed by your treatment team.

Prior to the procedure, an intravenous line (IV) is placed in your vein, and monitors are placed on your hand and arm.

During the procedure you can read, listen to music or just close your eyes and relax.

After the infusion finishes, you can return to your room, have breakfast and go about your day as you are able. The entire procedure takes about one hour.

# Ketamine Therapy (continued)

## What are the side effects of Ketamine Infusions?

The most common side effect of Ketamine is sedation. Other effects can include a transient increase in blood pressure, feelings of derealization and disorientation, and nausea or vomiting.

You will be monitored throughout the infusion.

Patients who are pregnant, have hypertension that is not well controlled, have a history of aneurisms or aortic dissection, have psychosis or psychotic disorders should not use Ketamine.

To learn more, contact our team:

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[nygsh.org](http://nygsh.org)



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