HENRIETTA PSYCHIATRIC NP CARE
SPRAVATO® TREATMENT GUIDE



Spravato®
(esketamine) C-III
nasal spray

Henrietta Psychiatric
NP CARE, PLLC

WELCOME TO THE HPNPC SPRAVATO® TREATMENT PROGRAM

We know that many people arriving for SPRAVATO treatment have already tried multiple treatments for depression.
You don't need to arrive optimistic.
You don't need to arrive calm.
And you don't need to know whether this is going to work.
You just need to arrive. We'll take it from there.

WHAT TO EXPECT FROM YOUR SPRAVATO® TREATMENT

Starting a new treatment can feel uncertain. We want you to know what will happen before you arrive, what choices you will have while you're here, and what to expect before you go home.

SPRAVATO® (esketamine) is a prescription nasal spray used to treat certain types of depression. Treatment takes place in our office, where you will self-administer SPRAVATO under the supervision of our trained clinical staff and remain with us for monitoring afterward.

YOUR TREATMENT SPACE

We designed our SPRAVATO program with comfort, privacy, and choice in mind. Depending on your preferences and availability, you may choose things such as:

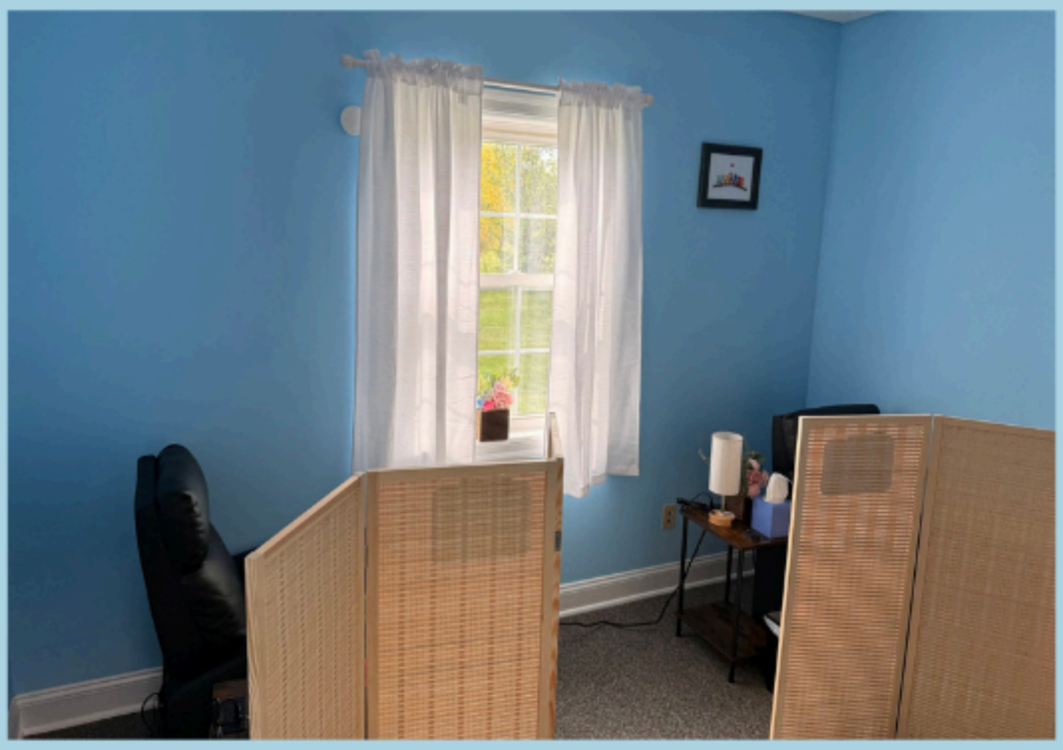
- Lower lighting
- A privacy screen
- An eye mask
- Your preferred recliner position
- Quiet activities such as coloring or journaling
- Peppermint and Ginger Hard Candy

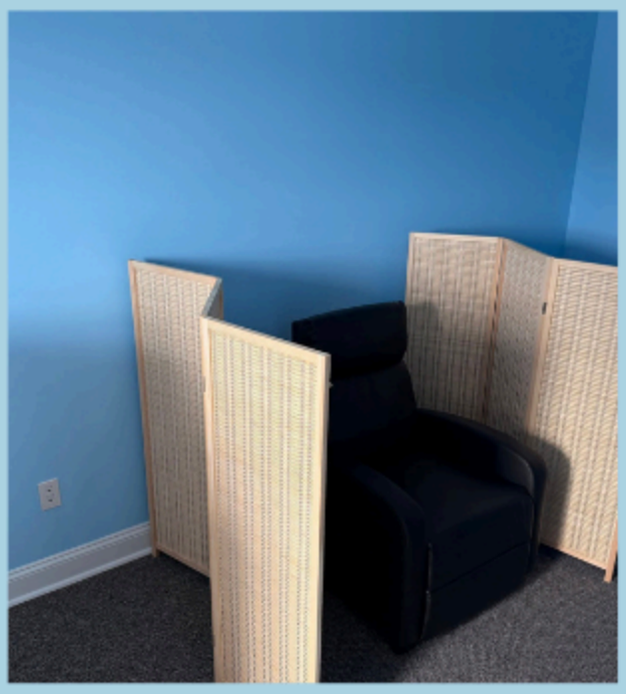
Some people prefer music and an eye mask. Some want to watch something familiar on their phone. Some want to talk. Some want everyone to leave them alone.There is no correct way to experience treatment.

You are also welcome to bring something comforting from home such as headphones, blanket, etc. We do recommend choosing something relatively peaceful rather than stressful news, work emails, or doomscrolling.

WANT TO SEE THE ROOM FIRST ?

You may arrange to see our SPRAVATO treatment space before your first treatment. For some people, knowing exactly where they will be and what the room looks like makes starting treatment easier.









BEFORE SCHEDULING YOUR FIRST TREATMENT, OUR TEAM WILL:

- Confirm that SPRAVATO is an appropriate treatment option for you.
- Review your medical and psychiatric history and current medications.
- Complete any required insurance authorization.
- Enroll you in the SPRAVATO REMS program.
- Review treatment expectations and answer your questions.
- Make sure you have safe transportation home after treatment.

We encourage you to ask questions. There are no silly questions, and you do not have to wait until treatment day to ask them.

GETTING READY FOR TREATMENT

On treatment days:

- Do not eat for at least 2 hours before treatment.
- Do not drink liquids for at least 30 minutes before treatment.
- Take your medications as instructed by your SPRAVATO provider.
- Wear comfortable clothing.
- Plan to be at HPNPC for approximately 2–2½ hours.
- Make sure you have your transportation home arranged.You cannot drive yourself home after SPRAVATO treatment.

Please tell us if anything has changed since your last treatment, including new medications, illness, significant changes in your health, or substance use.

WHEN YOU ARRIVE

We'll get you settled before giving you SPRAVATO.

Your clinical staff will check your blood pressure and make sure it is safe to proceed.
If your blood pressure is elevated, we may give you some time to relax and check it again.
Your provider will assess you before treatment begins.
There is no prize for being brave or pretending you're comfortable when you're not. **Tell us what you need.**

ADMINISTRING THE SPRAVATO

SPRAVATO is available in 56 mg and 84 mg doses. Your provider will determine the appropriate dose for you.

SPRAVATO comes in a nasal spray device.

Each device contains medication for both nostrils.

You will administer the medication yourself while a trained staff member supervises you.

If your prescribed dose requires more than one device, you will wait approximately 5 minutes between devices.

Your treatment monitoring period begins after administration starts.

DURING THE MONITORING PERIOD

You will remain at HPNPC for at least 2 hours after SPRAVATO administration.
You don't have to spend those two hours doing anything productive.
In fact, we'd rather you didn't.

This can be a good time for:

- Peaceful music
- Resting
- Journaling
- Coloring
- Guided meditation
- Watching or listening to something calming
- Simply closing your eyes

Your only job is to let us monitor you and tell us how you're feeling.

WHAT MIGHT SPRAVATO FEEL LIKE?

Everyone's experience is different.
You might notice:

- Changes in your perception of time or space
- An unpleasant taste from the nasal spray
- Changes in how your body feels
- Feeling detached from yourself or your surroundings
- Feeling "floaty" or unusual
- Dizziness or Nausea
- Feeling relaxed or sleepy

These effects generally become strongest during the early part of the monitoring period and then decrease. Some people have very little subjective experience at all.

You do not need to have an unusual or dissociative experience for SPRAVATO to work.

If anything feels frightening, uncomfortable, simply strange, or If you develop significant nausea, let us know. We will have simple comfort measures and protocols for managing it available.

If nausea becomes a recurring problem during your treatments, your provider may discuss medication that can be taken before future sessions.

WHAT IF I BECOME ANXIOUS OR HAVE A DIFFICULT EXPERIENCE?

Tell us.
You are not expected to “push through” a frightening experience by yourself.
Our first approach is generally to make the environment feel safer and less stimulating. That might mean adjusting the lights, reducing noise, changing your position, talking with you, or simply remaining nearby.
You retain your voice throughout treatment.
If something isn’t working for you, we want to know.

GOING HOME

At the end of the monitoring period, your provider will determine whether you are ready for discharge.

Before you leave, we will make sure that:

- Your symptoms have sufficiently resolved.
- Your blood pressure and overall condition are appropriate for discharge.
- You are alert and clinically stable.
- Your transportation home is confirmed.

You may NOT drive after SPRAVATO.

After treatment, do not drive, operate machinery, or do anything requiring complete alertness until the next day after a restful sleep.
Plan for the rest of your treatment day to be relatively quiet.

HOW OFTEN WILL I COME?

For treatment-resistant depression, treatment typically begins more frequently and then decreases over time.

A common schedule is:
Weeks 1–4: Twice weekly
Weeks 5–8: Once weekly

After Week 8: Once weekly or every other week, depending on your response and clinical needs.

HOW WILL WE KNOW WHETHER IT'S WORKING?

We don't expect you to answer this based only on whether you "feel different" after a treatment.
We will monitor your symptoms over time using standardized depression assessments along with your own report of how you're functioning and feeling. Some patients notice improvement within the first several treatments. Others take longer.
We will formally evaluate your response during the initial treatment course and discuss whether continuing SPRAVATO makes sense for you.

A FEW THINGS WE WANT YOU TO KNOW

You don't have to perform wellness for us.
If you're anxious, nauseated, uncomfortable, dissociated, sad, scared, or irritated, tell us.

You have choices.
We will accommodate reasonable preferences about your treatment environment whenever we can.

Y**our experience may change from treatment to treatment.**
Having one strange treatment does not necessarily mean the next one will feel the same.

SPRAVATO is one part of your treatment.
Continue your other mental-health treatment as directed by your providers.

Questions are welcome.
We would much rather answer something before it becomes a source of anxiety.

YOU'RE NOT ALONE

You will be monitored throughout treatment.

Staff will remain nearby, and you will have a way to get our attention whenever you need us.

We will check your blood pressure again approximately 40 minutes after your dose, when SPRAVATO's effect on blood pressure tends to be greatest.

Additional assessments will be performed if clinically necessary.

Your provider will evaluate you again before you leave.

YOUR TREATMENT-DAY CHECKLIST

- ☐ I followed the food and liquid instructions.
- ☐ I took/held my medications according to my provider's instructions.
- ☐ I have transportation home.
- ☐ I am wearing comfortable clothes.
- ☐ I brought headphones/comfort items if I want them.
- ☐ I told the staff about any health or medication changes.
- ☐ I know I will be here for at least two hours after receiving SPRAVATO.