



NASHVILLE BRAIN INSTITUTE

Esketamine/Ketamine nasal spray policy

Esketamine (Spravato) is a new FDA approved treatment for depression. The generic ketamine (1/2 esketamine and 1/2 R-ketamine) nasal spray is available in our clinic. Spravato requires prior authorization (PA) from insurance company. Our clinic staff can help you to obtain the PA for \$25 processing fee.

Treatment Protocols

1. Fast Path: 2 times per week for 4 weeks followed by 1 time per week for 4 weeks. This fast path is recommended by Spravato treatment guideline and commonly used for severe depression.
2. Slow Path: 1 time per week for 8 weeks followed by every two weeks for 8 weeks. This is modified treatment schedule, usually used for moderate depression or patient who has limited resources to come to clinic for treatment.
3. Maintenance Treatment: Once acute depression symptoms have improved, we recommend continuing maintenance treatment once every two weeks or once a month to prevent the symptoms come back.

Treatment Policy and Procedures:

Upon treatment, you will be required to undergo clinical observation at the clinic for up to two hours, as the medication may have some unintended side effects such as dizziness, nausea, vomiting, elevated blood pressure, hallucination, and dissociation. Our staff will monitor your blood pressure and evaluate your mental status during your stay, and we require that you have a driver available to pick you up.



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Note: Clinical observation is a standard requirement across all practices using these treatments. Insurance only cover the office visit but not the extended observation time. The cost of clinical observation will be \$100 out-of-pocket. This fee is non-refundable. The patient agrees to waive the right to bill the insurance for the observation fee.

We hope this provides more options to manage your depression in the future.

If you agree upon the above terms and policy, please sign and date on the next line,

Signature:

Date: