

Patient Name:

DOB:

This consent form is an acknowledgement that I, the patient named above, would like to participate in an at-home-sublingual ketamine treatment program for Depression, Anxiety, PTSD, or Adjustment disorder.

The protocol includes the use of ketamine with dosages ranging between 10 mg- 120 mg. The ketamine treatment will be monitored through following with periodic consultations with Joyous medical providers and enrollment in digital daily dose and personalized feedback automation. The length of the treatment varies but is expected to last a minimum of 3 months. Medication dosing starts daily and can work up to twice daily and then titrated out to less frequent use (ie QOD, q 3 day, weekly, biweekly to prn) as fits each individual patient's needs. We will not ask patients to refrain from their prescribed medications. Please review the benefits and side effects, we are asking for medical clearance because our mutual patient may have a medical condition that may be impacted by the ketamine therapy. Before participating in the ketamine treatment program, the patient will be carefully screened to determine if you are eligible, including a live video- telemedicine visit, medical history, psychiatric history, and psychological testing. They will not be asked to come off any medication but will be made aware of medication that can mitigate treatment response.

Repeated, high dose, chronic abuse of ketamine, has been shown to cause urinary tract symptoms and even permanent bladder dysfunction, though in medical use this is rare. Ketamine and addiction: attached is a recently published article in Nature.com: [Dual action of ketamine confines addiction liability](#). "In summary, the dual action of ketamine leads to a unique constellation of dopamine-driven positive reinforcement, but low addiction liability."

In terms of psychological risk, ketamine has been shown to worsen certain psychotic symptoms in people who suffer from schizophrenia or other serious mental disorders, but alternatively has also been occasionally used to successfully treat psychotic depression. It may also worsen underlying psychological problems in people with severe personality disorders and suicidal ideation. For patients with a history of mania or bipolar we would not give ketamine to someone actively manic. We require patients to agree to stop ketamine if rapid thoughts and insomnia increase.

Potential benefits of ketamine treatment:

Rapid relief of symptoms
Mental reset
Builds new neural connections
Improves neuroplasticity
Reduction in cravings
Improved sleep quality

Potential side effects of ketamine treatment:

Nausea
Dizziness
Increased heart rate and blood pressure
Risk of falls if walking unassisted
Vivid Dreams
Bladder irritation

If you 1. Feel that the patient can safely tolerate side effects given their medical and psychiatric history, and are willing to work collaboratively with Joyous in the treatment of this patient and 2. Are willing to be contacted in the event of unforeseen side effects needing medical attention, please sign below and return this letter signed and dated from your official fax to 415-704-9855. Please email care@joyous.team for help with any questions or concerns.

Medical Provider Printed Name: _____

Medical Provider NPI Number: _____

Signature: _____

Phone number: _____

Please fax the completed form to 415-704-9855.

More information about our ketamine therapy programs can be reviewed on the website: <https://joyous.team>