

SPRAVATO

Spravato is a prescription medication, used along with an antidepressant taken by mouth, for the treatment of treatment resistant depression or TRD.

Spravato is a form of Ketamine, specifically it is ES-Ketamine an enantiomer of Ketamine. Ketamine is an NMDA Receptor Antagonist so it inhibits the N-methyl-D-aspartate receptor in the brain.

Historically, it has been used as an anesthetic in both human and veterinary medicine.

Prior to the approval of Spravato, it was generally known that ketamine had beneficial effects on mood and depression. Many providers opened IV Ketamine clinics where people with treatment resistant depression could receive care. This however was not FDA approved and considered an “off label” treatment.

In March of this year (2019) the FDA approved Spravato and we are more than thrilled! We are already treating clients with it!

The nasal spray must be given in a REMS Certified clinic and under the supervision of a physician. It can not be taken home. Patients administer the medication to themselves in the office. REMS or risk mitigation and evaluation strategy is a drug safety program administered by the U.S. Food and Drug Administration or FDA.

We will guide you on how to do so. The most common effects and issues include dissociation, sedation and blood pressure elevation. The worst of these affects for the most part occurs at Cmax (the highest concentration of medication in the body) which is about 40 minutes after the nasal spray is administered. We will review all potential side effects with you during your initial consultation. We will also review how to prepare for your treatment (what to do in the hours prior to treatment) as well.

A treatment session consists of nasal administration and post-administration observation under supervision for 2 hours. During this observation period we will be monitoring blood pressure and sedation issues. Most patients will be able to go home (with someone else driving) after two hours. You can relax the rest of the day, have a good night sleep and then go about your day normally as you would thereafter.

Treatment for the first month or Induction phase occurs twice weekly. For the second month treatment occurs once per week. For the third month treatment occurs once every two weeks.

What we think is so incredible about Spravato is that clients will find some relief from depression symptoms in as little as 24hours!

It is quite simple to get started if you are interested. Simply contact us to schedule a complimentary consultation. We will gather some clinical information from you and review some important information about undertaking Spravato treatment. We can also commence a “benefit investigation” for you to see what your insurance would cover for your treatment.

SPS has a transparent fee process for Spravato. We are an out of network provider. We accept payment in advance from our clients (after we have started a benefits investigation for them, so they know what to expect in terms of reimbursement from their insurance). We will provide superbills to our patients so

they can submit to their PPO insurance should they choose for potential, partial reimbursement depending on their coverage and plan.