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# Ketamine Therapy Information Packet

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## Welcome to Ketamine Therapy

At Georgia Psychiatric Consultants, we offer a full range of ketamine-based treatments for patients struggling with treatment-resistant depression, PTSD, anxiety, bipolar depression, and more. Ketamine is a fast-acting treatment option that can lead to significant symptom relief even when other medications have failed.

## IV Ketamine Therapy

- Dosage: 0.5 mg/kg administered intravenously over 40 minutes.
- Treatment Protocol: Induction phase includes 6 treatments over 2-3 weeks.
- Monitoring: Patients are observed for 2 hours post-infusion in a clinical setting.
- Coverage: Self-pay only (not covered by insurance).
- Benefits: Direct delivery into the bloodstream offers fast and effective relief.

## Compounded Intranasal Ketamine

- Dosage: 60–90 mg of compounded ketamine administered via nasal spray.
- Treatment Protocol: Similar 6-treatment induction phase over 2-3 weeks.
- Monitoring: In-clinic monitoring for 2 hours after each treatment.
- Pricing: Self-pay pricing starts at \$200 per treatment.
- Transportation: Transportation support available for eligible patients.

## Spravato® (Esketamine Nasal Spray)

- FDA-approved for treatment-resistant depression and depressive symptoms in adults with major depressive disorder (MDD) and suicidal ideation.
- Dosage: Administered per manufacturer's guidelines in a REMS-certified clinic.
- Monitoring: 2-hour observation period required after each dose.
- Coverage: Most commercial insurance plans, Medicare, and Medicaid cover Spravato.
- Cost: Out-of-pocket costs can be as low as \$0 for eligible patients.



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## What to Expect During Treatment

- All treatments are provided in a comfortable, private setting.
- A trained clinical team will monitor your vital signs and mental status.
- You will need to arrange transportation home, as you will not be permitted to drive after your session. We can help arrange transportation if necessary.
- Most patients begin to feel relief within the induction phase.
- Maintenance treatments may be recommended to sustain progress.

## Contact Us

Georgia Psychiatric Consultants  
652 Bellemeade Ave NW, Atlanta, GA 30318  
Phone: 678-705-8166 | Fax: 678-705-8569  
Email: [appointments@gapsychconsultants.com](mailto:appointments@gapsychconsultants.com)  
Website: [gapsychconsultants.com](http://gapsychconsultants.com)

## Combining Ketamine with TMS

For some patients, combining ketamine therapy with Transcranial Magnetic Stimulation (TMS) can enhance treatment outcomes. TMS is a non-invasive, FDA-approved therapy for depression that uses targeted magnetic pulses to stimulate brain areas involved in mood regulation.

- TMS is typically administered up to 5 days per week for 6-7 weeks.
- It is covered by most major insurance plans, including Medicare.
- Patients may be treated with ketamine and TMS together to optimize results.
- This combination is especially helpful for individuals with treatment-resistant depression.