

Ketamine infusion

Pijnzorg

In many pain syndromes, a situation can arise in which the nervous system has become hypersensitive; this is also referred to as "wind-up". Ketamine is a medication that can suppress this hypersensitivity of the nervous system. As a result, pain symptoms may decrease. The aim of the treatment is to achieve a reduction in pain over a period of several months.

Before the treatment

- Ensure that you come on time. The local outpatient pain clinic will discuss times with you.
- Bring someone with you to your appointment, as you are not allowed to go home on your own.
- Ensure that you are wearing comfortable clothing on the day of the treatment.
- Drinks (coffee, tea) and a light lunch are provided by the nurses on duty.

The treatment

The Ketanest-S treatment is administered via an infusion in the day care clinic. This treatment takes all day. The treatment can have temporary adverse effects during the day. You do not have to be fasting and may eat and drink normally during the day. Unfortunately, your companion is not allowed to accompany you into the day care clinic.

The effect of the treatment manifests after several days and can persist for several months. If this treatment has a favourable effect on the pain, without unacceptable adverse effects occurring, the treatment can be repeated if necessary. It seems that a repeat treatment produces an effective result that lasts longer.

After the treatment

You may not drive for the rest of the day. You must ensure that someone can bring you home.

Complications/side effects

Adverse effects that can occur during and after the treatment:

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|-------------------|-----------------------|
| • double vision | • sleepiness |
| • hallucinations | • high blood pressure |
| • feeling drunk | • nausea |
| • rapid heartbeat | • dizziness |

These adverse effects are temporary and usually occur in the first few days. Adverse effects can also disappear after reducing or stopping the treatment. Medicines can be given to alleviate nausea and vomiting.

In very rare cases, an infection may occur at the site where the injection needle was inserted.

Please contact us immediately if you experience:

- local redness that worsens
- local swelling that worsens
- fever (higher than 38 degrees Celsius)

Result

Six weeks after the treatment, a nurse from the outpatient pain clinic will call you. During this telephone consultation, the result of the treatment will be evaluated and the follow-up policy arranged. Take note of your pain score in the first two weeks after the treatment. You can write down any questions to discuss during the telephone consultation.

Resuscitation

All patients at DC Klinieken are resuscitated in an emergency situation. Have you signed a DNR form or discussed with your doctor that you do not want to be resuscitated? Then it is important to inform us of this.

Emergency after visit to DC Klinieken

In case of emergency, call: +31 (0) 88 0100 998.

Emergency after visit to DC Klinieken Dokkum

In case of an emergency after pain management, or gastrointestinal examination, patients of DC Klinieken Dokkum should call: +31 (0) 88 0100 960 or after radiology: +31 (0) 88 0100 985

Insurance coverage

DC Klinieken has contracts with all health insurance providers. This means that practically all of the care is reimbursed. Just like the care you receive in the hospital. You will first need a referral from your GP or specialist. Remember to take into account your insurance excess. For more information about reimbursement and any exceptions: www.dcklinieken.nl/vergoedingen.

Questions

For more information and answers to FAQ, please contact: www.dcklinieken.nl/contact or our Service and Information Centre on +31 (0)88 0100 900.