Client Guide: Preparing for KAP Sessions

How to prepare for your session:

- Follow instructions about food, drink, medication, and other substances per prescriber
- Arrange for your transportation home from your session
- Arrange to take the rest of the day off following your session
- Consider avoiding stressful inputs before and after the session such as social media, news coverage, etc
- Wear comfortable clothing, preferably layers
- Do not ingest ketamine prior to coming to the office
- Bring ketamine prescription to office in a cooler / insulated bag if refrigeration is required along with any other prescribed medication for your session
- Bring eyeshades
- Set an intention
- Consider bringing a sacred object and anything else that help you feel more comfortable such as your own pillow and blanket
- Any additional supplies you want to begin integration such as a journal

After-care instructions:

- Transportation home, you may want to wear your eyeshades or sunglasses due to light sensitivity
- Consider engaging in supportive activities for the remainder of the day
- Many people are very tired and others want to socialize
- Refrain from making life altering decisions for 24 hours after medicine session
- Complete your reflection questionnaire
- Consider delaying sharing your experience with others until you have begun processing it
- Seek additional support

  Fireside Project's Free Psychedelic Peer Support Line

  Call or Text at 62-FIRESIDE or 623-473-7433. Available 3pm-3am PST.

  King County Crisis Line

  DIAL 988 or Crisis Connections at (866) 427-4747

  Go to the nearest ER or call 911if you have any new symptoms of psychosis, mania or worsening of suicidality as this is a medical emergency