

SPRAVATO Information sheet for Mindful Behavioral Health

Medication schedule:

- For the 1st 4 weeks we will do treatment 2x a week, after this we should have a good idea about if the medication is working.
- Patients tend to get better anywhere from 24hrs to 28 days.
- After the 1st 4 weeks, if you are better we will change treatment to once a week for 4 weeks and may decrease treatment frequency from there.

During treatment I will:

- Use the SPRAVATO™ nasal spray myself under the direct observation of a healthcare provider.
- Be observed at the healthcare setting where I get SPRAVATO™ for at least 2 hours after each treatment until the healthcare provider determines I am ready to leave the healthcare setting.

I understand:

- Sedation and dissociation can result from treatment with SPRAVATO™ and I must stay after each treatment. Until these effects resolve, I may feel: sleepy and/or - disconnected from myself, my thoughts, feelings and things around me (Feeling as if you are high).
- I should not eat for 2 hours before coming into treatment.
- I Should not take any benzodiazepines or stimulants on the days of treatment until after treatment.
- I should make arrangements to safely leave the healthcare setting and get home.
- I should not drive or use heavy machinery for the rest of the day on which I receive SPRAVATO™.

Common side effect:

- Sedation
- Dissociation (many patients describe it as feeling high or as if they had too much to drink)
- Gastric upset (nausea)
- Dizziness
- Headaches
- Metallic taste in the back of your mouth
- Increase in blood pressure (transient)