

Ketamine Position Statement: Ketamine is not approved for outpatient use in psychiatry at this time

Intravenous Ketamine is FDA approved for the use of induction and maintenance of anesthesia. It is not FDA approved for the treatment of other conditions such as pain or depression.

Ketamine has only been tested in small trials in major depression and bipolar depression. In those small trials, Ketamine showed rapid and robust relief of depressive symptoms. Unfortunately, that improvement is often short-lived, lasting 24 to 72 hours.

Ketamine is associated with serious side effects involving cardiovascular, respiratory, and neurologic systems, with potential for dependence and misuse. It needs to be administered under inpatient setting or short-stay infusion center with adequate monitoring parameters.

Clinical trials are underway to further evaluate different formulations, optimal administration, and monitoring parameters in using Ketamine related compounds in psychiatry. Currently, BHRS providers are not in a position to recommend or refer clients to outpatient ketamine treatment.

Statement by BHRS P&T committee, 5/11/2016