

Spravato®

A promising treatment option
for patients struggling with
treatment-resistant depression

Nasal Esketamine is sometimes used on a short-term basis for treatment-resistant major depressive disorder (MDD). After **Spravato®**, patients often experience a reduction in depression symptoms that can last for two weeks. Further improvements are often seen in conjunction with therapy and ongoing psychiatric treatment.

Esketamine Therapy from Trusted Mental Health Professionals

To help patients navigate the treatment process, Sokya's Medical Clinicians explain all aspects of **Spravato®** before it is used. They also help determine if someone is a good candidate for Esketamine therapy and only recommend this form of depression treatment if they believe it will be a safe and effective solution.

Spravato® (esketamine) is sometimes used as part of a multidisciplinary treatment program to help patients coping with treatment-resistant depression. Sokya's expert Clinicians help guide patients through the use of **Spravato®**.

This two-hour **Spravato® therapy** treatment is monitored in a safe environment, with a healthcare clinician. Our care coordinators and expert clinicians guide patients through this process and make it easier to navigate.



Covered by
most insurances



Needle-Free



FDA approved

Patients can contact SokyaHealth

to schedule a **free consultation** and evaluation:



Referring Clinician Name and Practice

Name: _____

Practice Address: _____

Phone: _____ Fax: _____

Email: _____

Client Name:

Date of Birth:

Gender:

Home Address:

Phone:

Email:

Primary Psychiatrist:

Therapist:

Previous Therapies/Treatments and Relevant Clinical Information:

Exclusion Criteria: If met, the patient may be ineligible for Spravato® Treatment. Please circle if applicable.

- a. Has not previously tried and failed two antidepressants
- b. Uncontrolled hypertension
- c. History of aneurysmal vascular disease, including thoracic and abdominal aorta, intracranial and peripheral arterial vessels, or arteriovenous malformation
- d. History of intracerebral hemorrhage or stroke
- e. Hypersensitivity to esketamine, ketamine, or any of the excipients
- f. Possibility of being pregnant
- g. Active mania or psychosis
- h. History of Bladder Cancer
- i. Current recreational Ketamine Abuse
- j. Currently receiving Ketamine via alternative modality (IV or IM)

Please provide front and back copies of the patient's insurance card (both medical and pharmacy insurance) and all relevant information, including current and previously tried medications for this diagnosis, recent lab results, and medical history. Fax to (619) 383-6701 or email

Spravatosupport@sokyahealth.com