

Frequently Asked Questions **SPRAVATO®**

What is SPRAVATO®?

SPRAVATO®™ is a prescription medicine, used along with an oral antidepressant, for treatment-resistant depression (TRD) in adults.

Can I take SPRAVATO® at Home?

No. SPRAVATO® is only available at a SPRAVATO® certified treatment center under the supervision of a trained healthcare professional. Due to the risks for sedation, dissociation, abuse or misuse, all patients receiving SPRAVATO® will be enrolled in the SPRAVATO® Risk Evaluation and Mitigation Strategy (REMS) program.

What are the most common side effects of SPRAVATO®?

SPRAVATO® can cause side effects, including anxiety, dissociation, dizziness, nausea, sedation, spinning sensations, increased blood pressure, reduced sense of touch and sensation, lack of energy, vomiting, and feeling drunk. These common side effects usually may occur right after taking SPRAVATO® and then disappear the same day.

How often will I take SPRAVATO®?

Patients receive SPRAVATO® twice a week for the first four weeks. After this typically patients take SPRAVATO® once a week or every other week according to your Provider.

How long is each visit?

The first visit will be 90 minutes spent with your provider for an assessment to ensure SPRAVATO® is appropriate for you and to discuss risks, benefits, and treatment process. The following visits will take approximately 2.5 hours. We will check your blood pressure before you take SPRAVATO® and we will monitor you for at least two hours after.

Can I leave before 2 hours if I am feeling okay?

No, the SPRAVATO® Risk Evaluation and Mitigation Strategy (REMS) program requires a full two hour monitoring period after you take SPRAVATO®.

What items should I bring to my SPRAVATO® treatment session?

Feel free to bring personal items that will help you relax such as a blanket or pillow. You may also bring headphones, a tablet, a book or something to help pass the time.

What activities should I avoid while taking SPRAVATO®?

Do not drive, operate machinery, or perform any activity where you need to be completely alert. Avoid these activities until the next day following a restful sleep, even if you think you feel well enough to do so. Once your healthcare professional gives you permission to leave after treatment, discuss your plans for the remainder of that day. The driving restriction means you will need to plan for your rides on treatment days. We will record the name and phone # of your driver before the treatment begins each day.

Can I take SPRAVATO® if I am pregnant or breastfeeding?

No, treatment with SPRAVATO® is not recommended during pregnancy or while breastfeeding. You should let your doctor know if you are pregnant, planning to become pregnant, breastfeeding, or planning to breastfeed. If you become pregnant while being treated with SPRAVATO®, you should talk to your doctor as soon as possible about discontinuing treatment and about other options for treating your depression.

Should I take my other scheduled medication on SPRAVATO® Treatment Days?

Before starting SPRAVATO®, tell your healthcare provider about all the medicines that you take, including prescription and over-the-counter medicines, vitamins and herbal supplements. Taking SPRAVATO® with certain medicines or alcohol may cause side effects. Especially tell your healthcare provider if you take central nervous system (CNS) depressants, psychostimulants or monoamine oxidase inhibitor (MAOI) medicines. If you use a nasally administered medication like a nasal steroid or decongestant spray, do not administer it within the hour before you will be taking SPRAVATO®.

Is it okay to take controlled substances while also receiving SPRAVATO® Treatment?

Before starting SPRAVATO®, it is important that you tell your healthcare provider about all the medicines that you take. All controlled substances should be held the morning of treatment unless otherwise specified by the Provider. Any approved Opioid, Benzodiazepine, or other sedating medications should not be resumed until sedating effects of SPRAVATO® have subsided. Additionally, do not resume stimulant medication until blood pressure has returned to pre-treatment levels. As with any medication, please consult your provider with any questions you may have.

Are there any food or beverage restrictions on SPRAVATO® treatment days?

Some patients may experience nausea or vomiting. Because of this, you should avoid eating two hours before, and drinking liquids 30 minutes before, taking SPRAVATO®. Additionally, if your provider prescribed an anti-nausea medication it should be taken 30 minutes prior to your appointment time.

Will insurance pay for SPRAVATO®?

Medicare and many commercial insurances will cover SPRAVATO®. Pine Grove will gladly contact your insurance company to determine your benefits and we will provide you with an estimate of any out of pocket costs you will incur.