

Ketamine Oral Solution

Information for
patients



This leaflet contains information about the use of ketamine oral solution for the management of severe pain.

What is ketamine?

Ketamine is normally used as an anaesthetic for short operations. Very small doses can help control pain that has not responded to standard treatment. It is particularly effective in pain caused by nerve damage and reduced blood supply.

How do I take it?

Ketamine should be taken by mouth at regular intervals as prescribed by your doctor. It is a liquid and can have a bitter taste. Drinking a soft drink straight after taking the medicine can help disguise this.

What if I forget to take a regular dose?

- Take the dose as soon as you remember. Do not take a double dose to make up for the missed one.
- If you are sick within one hour of taking the dose, repeat the dose when you feel better.
- If you miss more than one dose through being unwell, contact your doctor or nurse.

Are there any side-effects from taking ketamine?

Ketamine may make you feel more:

- Sleepy than normal.

- Make it difficult to concentrate.
- Make you feel more confused, anxious, restless or have vivid dreams.
- It can also cause urine symptoms, similar to cystitis.

If you notice **any** of these side-effects since starting ketamine, always tell your doctor or nurse. They can often be helped with the addition of another medicine.

Do not stop taking ketamine suddenly without talking to your doctor first.

How long will I need to take ketamine?

This will depend on why you were started on ketamine and how your pain responds to it.

What will happen with my other medicines?

Ketamine should not affect your other medicines; however, you may need to have the dose of other painkillers reduced if the ketamine works well for your pain.

Signs you may be on too high a dose of a strong painkiller like morphine, oxycodone or fentanyl are:

- More sleepy than usual.
- Feeling sick most of the time.
- Restlessness or jumpiness.
- Bad dreams.

If you notice any of these symptoms, contact your doctor or nurse.

Can I drive?

You should not drive when starting ketamine. This can then be discussed with your doctor.

Can I drink alcohol?

You can drink alcohol in moderation but it may make you feel more drowsy. This may affect your ability to drive or operate machinery.

How do I get further supplies?

The hospital team will arrange for ongoing supply of ketamine from your local chemist.

Contact details for future supply:

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Who should I contact for further information?

Please speak to your doctor prescribing ketamine or specialist nurse / GP if you have more questions.

Ketamine does not hold a product licence for the treatment of pain

What is a product licence?

A government department called '**Medicines and Healthcare Products Regulatory Agency**' (MHRA) issues product licenses. In order to get a license, the manufacturer of a medicine needs to show evidence to the MHRA to show that the medicine works for the illness, does not have too many side-effects and is made to a high standard.

Ketamine does not have a product licence for pain because the manufacturer has not yet applied for one. It is licensed for other uses. There are a number of reports in the medical journals of people using ketamine for pain and it has been shown to be safe and effective.

Your doctor is aware that ketamine does not hold a product license for this use but feels it will help to improve your pain.



What did you think of your care?

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Your views matter



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