

Ketamine Microdosing Compounded Rx General Information

Why might a compound be needed?

- Ketamine is commercially available only in limited forms. Compounded Ketamine is available in variety of forms and concentrations.

Dosing

- Dosing varies depending on dosage form, indication, and patient-specific response.
- Titration protocols are available upon request. Please contact us for detail.

What to watch out for

- To prevent patient overuse, Town & Country Compounding is very strict with refill due dates and day supply calculations.
- Possible side effects: mild/transient lightheadedness, dissociative symptoms, denial phenomenon, tolerance, headache, bladder pain, confusion, hypomania, personality changes, hypersensitivity, facial flushing, vivid dreams, seizure threshold
- Side effects may be minimized with dose adjustment.

Note for your patients: Ketamine is a very bitter drug. We add sweeteners and flavors to neutralize the bitterness, yet the taste of Ketamine is difficult to mask. ↑dose = ↓palatable

	Nasal Spray	Sublingual Four-Scored Troches	Sublingual Mini Troches	Rapid Dissolve Tablet (RDT)	Oral/Sublingual Solution	Oral Capsule
T&C Dosage Form Highlights	PROS: Flexible titration option for patients. It does not require office administration as the commercial product does. CONS: Skills for using nasal spray may be difficult for some patients.	PROS: One troche may be cut into four pieces for flexible dosing – allowing for easy titration, and can hold higher strength of drug than mini troches.	PROS: Very small, dissolves quickly CONS: It cannot be cut and is limited to lower doses of the drug per troche due to size.	PROS: One tablet may be cut into four pieces for flexible dosing – allowing for easy titration. Dissolves fast, and can hold higher strength of drug than mini troches.	PROS: Flexible titration CONS: Low bioavailability; short exp date; needs refrigeration	PROS: Slow-release formulation possible; taste is masked CONS: Low bioavailability; not ideal for titration
Bioavailability	25-45%	20-30%		Should be ~8-30% (Variable depending on how much is swallowed vs. sublingual)	8-20%	
Onset	Rapid onset: 5-10 mins	Rapid onset: 10-15 mins		Should be ~15-30 mins	Variable onset: 30 mins-hours	
Common Doses at T&C	<u>*Most common dosage form at T&C*</u> 100, 150mg/mL (Max 170mg/mL)	20-200mg per troche	<u>*2nd most common dosage form at T&C*</u> 5-100mg per troche	50, 100, 150, 200mg per tablet	Due to the lowest bioavailability, not common	
Exp Date/ Storage	60 days Room Temp	180 days Room Temp		180 days Room Temp	14 days Refrigerated	180 days Room Temp