Ketamine Flight Instructions

Updated September 24, 2025

Effects of Ketamine

Ketamine is a dissociative psychedelic. Onset is within 5 minutes. It is typical to feel like your mind is separated from your body for about half an hour up to an hour. Experiences may feel pleasant or unpleasant, often both. Occasionally, nausea occurs. Relax and breathe.

Navigating Difficult Experiences

Difficult experiences are not 'bad trips'. Psychedelics are amplifiers. Challenging content often leads to deeper healing. Therapist provides support. Use breath, neutral witnessing, and music.

Music

Music will be played during sessions. It is mostly without lyrics and evocative. You may ask to turn it off at any moment. Agitation can bring up emotions. Silence is always welcome.

Eyeshades

Eyeshades are provided and recommended to facilitate an inward experience.

Transportation
Do not drive until the next morning. Arrange a ride with family, friend, or service. You may still feel effects when leaving.

Physical Comfort
Wear comfortable layered clothing. No eating for 4 hours prior (except diabetics). Restrict liquids 4 hours prior to avoid restroom trips.

Information Gathering
Share your past psychedelic/ketamine experiences, current concerns, major life transitions, and anything you'd like your therapist to know. Discuss therapist/client dynamics (race, gender, etc.).

Intention Setting & Expectations
Share your intentions and goals. Expectations are natural but each session is unique. Practice beginner ' s mind. Speak expectations to release them.

Therapeutic Touch
Physical contact may be requested for support (hand, shoulder, foot). Never sexual. Agreements on touch are discussed prior to session.

Appendix Note
This Flight Instructions section is included for client guidance.