

# Spravato™ (esketamine) Intranasal Treatment Patient Referral Form

Spravato (esketamine) is the first and only NMDA receptor antagonist approved for the treatment of **TRD (Treatment-Resistant Depression)** and **MDSI (Major depression with suicidal ideation\*)** in adults.

## Patient Information

Name: \_\_\_\_\_ DOB: \_\_\_\_\_

Phone Number: \_\_\_\_\_ Email: \_\_\_\_\_

## Diagnosis:

\_\_\_\_\_ **Treatment Resistant Depression** (failed **TWO** or more antidepressants in current depressive episode)

\_\_\_\_\_ **Major Depression with Suicidal Ideation** \*Treatment with Spravato is not a substitute for psychiatric hospitalization in a patient with active intent to harm self.

## Referring Clinician / Referring Provider

Name: \_\_\_\_\_ Practice: \_\_\_\_\_

Phone: \_\_\_\_\_ Fax: \_\_\_\_\_

This is a referral specifically for treatment with Spravato. Your patient will continue to see you for their antidepressant medication management, unless you or your patient specifies otherwise. Your patient must be on an oral antidepressant and remain on an oral antidepressant throughout Spravato (esketamine) treatment. To qualify for TRD diagnosis they must have failed two antidepressant medications within the current depressive episode. Spravato (esketamine) must be administered in conjunction with an oral antidepressant.

**Please fax completed Spravato (esketamine) Referral Form and patient demographic information to 620-231-1152**

After we receive your referral form, CCMHC will do the following:

- We will contact your patient within two business days to complete a psychiatric evaluation with one of our Spravato Treatment Providers. Our goal is to initiate Spravato treatment within one week of referral.
- We will complete a benefits investigation and notify the patient of any anticipated out-of-pocket costs.
- We will update you when your patient is scheduled with us and again following initial treatment to share information regarding treatment response.

Please make sure the patient is aware and agrees to the following requirements with Spravato (esketamine) treatment

- Patients will need to have a driver to and from all Spravato (esketamine) appointments.
- Patients are not to drive on the day of receiving Spravato (esketamine) until they have had a good night's rest.
- Patients will be monitored for 2 hours during Spravato (esketamine) treatments and may not leave the facility during that time. Spravato (esketamine) is initiated twice weekly for weeks 1-4 and once a week for weeks 5-8.
- Patients must abstain from substance use (including alcohol and marijuana) for 30 days prior to treatment initiation throughout duration of Spravato treatment.

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Referring Clinician / Referring Provider Signature

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Date

If you have any questions, please contact Crawford County Mental Health Center at 620-231-5130.