

KETAMINE WAFERS

DRUG NAME

Generic: Ketamine

Class of drug: Analgesic

Brands in Australia: Wafermine

DOSAGE FORM

Sublingual wafer (dissolves under the tongue)

HOW IT WORKS

Used sometimes for nerve pain, CRPS, cancer pain.

It requires special authority outside the hospital from state and federal regulators. It may take time to be approved.

Onset of action

- Works within **20–40 minutes** of dissolving under the tongue.
- Effect usually lasts **2–4 hours**.

DOSAGE & FREQUENCY

Your doctor will advise on the starting dose and guide the dose changes. Often titrated slowly to minimise side effects.

- start with _____
- if tolerated, increase to _____ after _____ days
- if necessary, increase by _____ every _____ week(s)
- if successive increases are well tolerated *and bring additional benefit*, continue to titrate up to a maximum of _____
- to be reviewed by your doctor on _____

ROUTE OF ADMINISTRATION

Oral (by mouth) unless otherwise specified.

WHAT ELSE SHOULD I KNOW WHILE TAKING THIS MEDICATION

- Place wafer under the tongue and allow it to fully dissolve.
- Do not chew or swallow whole.
- Avoid food or drink for 10–15 minutes afterwards to allow absorption.
- Do not drive or operate machinery after taking — may cause drowsiness or altered perception.

STORAGE INSTRUCTIONS

Refer to the manufacturer's instructions.

DISPOSAL INSTRUCTIONS

Return unused or expired medication to your pharmacy for safe disposal.

MISSED DOSE INSTRUCTIONS

Ask your doctor or pharmacist.

EMERGENCY INSTRUCTIONS

Seek urgent medical help if you:

- Take too much (overdose may cause confusion, agitation, hallucinations, slow breathing, unconsciousness).
- Develop chest pain, palpitations, or severe anxiety.
- Have a severe allergic reaction (swelling, rash, breathing difficulty).

COMMON SIDE EFFECTS

- Drowsiness, dizziness
- Nausea, vomiting
- Altered perception, feeling “spaced out”
- Blurred vision
- Dry mouth

SERIOUS SIDE EFFECTS

- Hallucinations, agitation, severe confusion
- Difficulty breathing
- Irregular heartbeat
- Bladder problems (frequent urination, pain, blood in urine with long-term use)
- Severe mood changes, suicidal thoughts

MANAGEMENT STRATEGIES FOR SIDE EFFECTS

- Nausea: Take with a light meal beforehand, or ask your doctor about anti-nausea medicines.
- Drowsiness/dizziness: Rest in a safe place; do not drive.
- Confusion/altered perception: Stay in a calm environment; inform your doctor if persistent.
- Dry mouth: Sip water, chew sugar-free gum.

OTHER IMPORTANT INFORMATION

Interactions:

- Dangerous with alcohol, sedatives, benzodiazepines, and opioids (increased sedation, breathing risk).
- May interact with antidepressants —risk of serotonin syndrome.

Precautions:

- Use with caution in people with heart disease, high blood pressure, seizures or mental health conditions.
- Not recommended in pregnancy or breastfeeding.
- Long-term use may cause bladder irritation.

Elective surgery advice

- Inform your surgeon and anaesthetist if you are taking ketamine wafers.
- Usually stopped before surgery, as anaesthetists may use ketamine in theatre and need to avoid excessive dosing.
- Do not restart until your doctor advises it is safe.

TITRATION DIARY

Date	Dose Taken	Side Effects	Notes (e.g., sleep, pain relief)