



*Serenity Health, LLC*

**Spravato**<sup>®</sup>  
(esketamine)   
28 mg nasal spray

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SPRAVATO<sup>®</sup> is a registered trademark of Johnson & Johnson and its affiliated companies.

## **Welcome to Serenity Health! We are here for You Through Your Treatment Journey.**

Welcome to Serenity Health! We are happy to be able to provide you with SPRAVATO<sup>®</sup> (esketamine) CIII, a nasal spray that can be taken with an oral antidepressant to treat treatment-resistant depression (TRD) in adults and depressive symptoms in adults with MDD with acute suicidal ideation or behavior. SPRAVATO<sup>®</sup> is not for use as a medicine to prevent or relieve pain (anesthetic). It is not known if SPRAVATO<sup>®</sup> is safe or effective as an anesthetic medicine.

It is not known if SPRAVATO<sup>®</sup> is safe and effective for use in preventing suicide or in reducing suicidal thoughts or actions. SPRAVATO<sup>®</sup> is not for use in place of hospitalization if your healthcare provider determines that hospitalization is needed, even if improvement is experienced after the first dose of SPRAVATO<sup>®</sup>.

It is not known if SPRAVATO<sup>®</sup> is safe and effective in children.

SPRAVATO<sup>®</sup> can cause serious side effects – like sleepiness (sedation), fainting, dizziness, spinning sensation, anxiety, or feeling disconnected from yourself, your thoughts, feelings, space and time (dissociation). Because of the risks for sedation, dissociation, and abuse and misuse, SPRAVATO<sup>®</sup> is only available through a restricted program called the SPRAVATO<sup>®</sup> Risk Evaluation and Mitigation Strategy (REMS) Program. This means that you can receive treatment with SPRAVATO<sup>®</sup> only at treatment centers certified by the SPRAVATO<sup>®</sup> REMS Program and you must be enrolled in the program.

At Serenity Health, you can be assured that we have completed all of the requirements for REMS certification. The medical staff at our certified treatment center are trained to prescribe, dispense, and administer SPRAVATO<sup>®</sup>, and we have established processes and procedures in accordance with the REMS requirements.

### **Before Treatment:**

At Serenity Health, we understand that finding the right treatment for you can be a difficult process. Our doctors, nurses and staff are committed to partnering with you through the process of deciding on whether SPRAVATO<sup>®</sup> is right for you and to provide a well-coordinated treatment experience.

Once you and your doctor have decided that SPRAVATO<sup>®</sup> is right for you, please work with your primary care doctor to complete a patient intake form to get started with SPRAVATO<sup>®</sup>.

Our doctors and nurses are proactive about coordinating care and will ensure an open line of communication with your primary care doctor about your progress. In addition, our care team will help you with a clear understanding of what to expect with SPRAVATO<sup>®</sup> treatment sessions. We will work with your insurance provider to confirm your coverage and your costs prior to SPRAVATO<sup>®</sup> treatment.

### **Day of Treatment:**

On your treatment days, you will need to arrange to be driven or accompanied by an adult to and from Serenity Health.

On the day of your SPRAVATO<sup>®</sup> treatment, one of our doctors will provide direct medical supervision to you as you self-administer SPRAVATO<sup>®</sup>. You will then be provided a comfortable area where you can relax



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while we will monitor you after every dose for at least two hours for any immediate side effects of sleepiness, fainting, dizziness, spinning sensation, or feeling disconnected. Your doctors and nurses will also watch for any changes in vital signs.

### **After treatment:**

Please keep in mind that after treatment and following the observation period, you should not drive or operate machinery until the day after a treatment session, after a night of restful sleep.

You must return to a treatment center for SPRAVATO<sup>®</sup> therapy – you will not be able to self-administer at home.

To learn more about our treatment center and how we can work together to provide you with SPRAVATO<sup>®</sup>, please email [info@serenitymo.com](mailto:info@serenitymo.com).

For more information about SPRAVATO<sup>®</sup>, please refer to the Manufacturer's Prescribing Information and Medication Guide or visit [www.spravatohcp.com](http://www.spravatohcp.com).

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