modern mind
& wellness

PATIENT GUIDE

SPRAVATO® (ESKETAMINE) CIII NASAL SPRAY

A different path forward.

For adults with treatment-resistant depression, when antidepressants haven't been enough.

- ✓ FDA-approved since 2019
- ✓ Covered by most insurance
- ✓ Certified REMS center

Bellevue, WA
(425) 300-9555 · modernmindandwellness.com

Your first consultation is free

Please see Important Safety Information, including the Boxed Warning, on page 4.

WHAT IS SPRAVATO®?

A different kind of treatment.

SPRAVATO® (esketamine) is an FDA-approved nasal spray for treatment-resistant depression, taken under our team's supervision in our clinic.

How it works

Most antidepressants adjust serotonin or norepinephrine. SPRAVATO® is thought to act on glutamate, a chemical messenger that may help restore connections between brain cells. It can be used alone or with an oral antidepressant.

Not a daily pill

Certified clinics only

Proven results

3× more likely to reach remission at week 4 than placebo, used on its own[1]

1 day is how soon symptoms began to ease in a clinical study[1]

5 yrs of long-term safety and results data, with an oral antidepressant[2]

You may be a candidate if:

- ✓ You're an adult, 18 or older
- ✓ Side effects made pills hard to stay on
- ✓ Two or more antidepressants fell short
- ✓ You want a different approach

SPRAVATO® may not be right for you if you have an aneurysm or other blood vessel disease, an arteriovenous malformation, a history of brain bleeding, or an allergy to esketamine or ketamine. You should not take SPRAVATO® if you are pregnant. High blood pressure and a history of substance use or psychosis need a careful conversation.

Questions to bring to your free consultation

- ☐ Am I a good candidate for SPRAVATO®?
- ☐ What will I pay with my insurance?
- ☐ Should I keep taking my antidepressant?
- ☐ How often will I need treatment?

[1]SPRAVATO® Prescribing Information: SPRAVATO® alone vs. placebo in adults with TRD; remission 22.5% vs 7.6% (MADRS score ≤12). [2]Per Johnson & Johnson, maker of SPRAVATO®. Results vary.

WHAT TO EXPECT

What a visit looks like.

Each visit takes about 2 to 2½ hours in a private, comfortable room at our clinic. You can't drive afterward, so plan a ride home.

1 ARRIVAL

Check in and settle in

We check blood pressure, heart rate and oxygen.

2 TREATMENT

Administer the nasal spray

We guide you through 2–3 devices, 5 minutes apart.

3 FIRST 40 MINUTES

Rest as it takes effect

Dreaminess or dizziness peaks, then fades.

4 AT LEAST 2 HOURS

Relax, supervised

Rest or listen to music. We check on you throughout.

5 DISCHARGE

Cleared to go home

A clinician confirms you're stable to leave.

6 NEXT DAY

Back to your routine

After a restful night's sleep, you can drive.

Your treatment schedule

Your provider sets your dose and pace

WEEKS 1–4	WEEKS 5–8	AFTER THAT
Twice a week	**Once a week**	**Every 1–2 weeks**

Before each visit

- ✓ No food for 2 hours before
- ✓ No liquids for 30 minutes before
- ✓ Use any steroid or decongestant nasal spray at least 1 hour before
- ✓ Line up a ride home

Cost & coverage

9 in 10 people with commercial insurance are covered.[3] We verify benefits, handle prior authorization and coordinate your medication.

$10* per treatment for the medication

$0* after rebate for each observation

*SPRAVATO withMe Savings and Observation Rebate programs: eligible commercially insured patients only, not Medicare, Medicaid or other government plans. Limits apply; rebate not valid in MA, MN or RI; offers may change. Terms at spravato.com. [3]TRD; MMIT data, Sept 2024, per Johnson & Johnson.

READY WHEN YOU ARE

Your first step is free.

In crisis? Call or text **988** any time, or dial **911**.

CALL OR TEXT

(425) 300-9555

13401 Bel-Red Road, Suite A8
Bellevue, WA 98005

modernmindandwellness.com

Important Safety Information

See full Prescribing Information, including Boxed WARNINGS, and Medication Guide at spravato.com

WARNING: SEDATION, DISSOCIATION, RESPIRATORY DEPRESSION, ABUSE AND MISUSE; and SUICIDAL THOUGHTS AND BEHAVIORS

SPRAVATO® can cause serious side effects, including sleepiness (sedation), fainting, dizziness, spinning sensation, anxiety, feeling disconnected from yourself, your thoughts, feelings, space and time (dissociation), and breathing problems (respiratory depression and respiratory arrest). Tell your healthcare provider right away if you feel like you cannot stay awake or are going to pass out. Your provider must monitor you for at least 2 hours after each dose and will decide when you are ready to leave.

There is a risk for abuse and misuse, which may lead to physical and psychological dependence. Tell your provider if you have ever abused or been dependent on alcohol, prescription medicines or street drugs.

Antidepressant medicines may increase suicidal thoughts and actions in some people 24 years of age and younger, especially within the first few months of treatment or when the dose is changed. SPRAVATO® is not for use in children. Watch for new or sudden changes in mood, behavior, thoughts or feelings, and get help right away if they occur.

Because of these risks, SPRAVATO® is only available through a restricted program called the SPRAVATO® REMS and can only be given in certified healthcare settings.

What is SPRAVATO®? SPRAVATO® (esketamine) CIII nasal spray is a prescription medicine used with or without an antidepressant taken by mouth to treat adults with treatment-resistant depression (TRD), and with an antidepressant taken by mouth to treat depressive symptoms in adults with major depressive disorder (MDD) with suicidal thoughts or actions. It is not known if SPRAVATO® is safe and effective for preventing suicide or reducing suicidal thoughts or actions, and it is not for use in place of hospitalization if your provider decides it is needed. SPRAVATO® is not for use as a medicine to prevent or relieve pain (anesthetic).

Do not take SPRAVATO® if you: have blood vessel (aneurysmal vascular) disease, including in the brain, chest, abdominal aorta, arms and legs; have an abnormal connection between your veins and arteries (arteriovenous malformation); have a history of bleeding in the brain; or are allergic to esketamine, ketamine or any of the other ingredients.

Before you take SPRAVATO®, tell your provider if you: have heart or brain problems (such as high blood pressure, heart rhythm problems, a past heart attack or stroke, heart valve disease, heart failure, or brain injury); have liver problems; have ever had psychosis; are pregnant or plan to become pregnant (SPRAVATO® may harm your unborn baby, and you should not take it if you are pregnant); or are breastfeeding (you should not breastfeed during treatment). Tell your provider about all the medicines you take, especially central nervous system (CNS) depressants, psychostimulants or monoamine oxidase inhibitors (MAOIs).

What should I avoid? Do not drive, operate machinery or do anything where you need to be completely alert after taking SPRAVATO®, until the next day after a restful sleep. Plan for a caregiver or family member to drive you home.

Possible side effects. SPRAVATO® can cause a temporary increase in blood pressure that may last about 4 hours. Your provider will check your blood pressure before and for at least 2 hours after each dose. Tell your provider right away if you get chest pain, shortness of breath, sudden severe headache, change in vision or seizures. Tell your provider if you have problems thinking or remembering, or bladder problems such as a frequent or urgent need to urinate or pain when urinating.

The most common side effects include feeling disconnected from yourself, your thoughts, feelings and things around you; dizziness; nausea; feeling sleepy; spinning sensation; decreased feeling of sensitivity (numbness); feeling anxious; lack of energy; increased blood pressure; vomiting; feeling drunk; headache; and feeling very happy or excited. If these occur, they usually happen right after taking SPRAVATO® and go away the same day. These are not all the possible side effects. Call your doctor for medical advice about side effects. You may report side effects to Johnson & Johnson at 1-800-526-7736 or to the FDA at 1-800-FDA-1088.