

# Readiness-to-leave checklist for healthcare professionals

**At each treatment session, patients should be supervised during and after Spravato® (esketamine) nasal spray administration by a healthcare professional until they are stable, based on clinical judgement**

The treating physician is responsible for deciding whether the patient is ready to leave based on this checklist and their clinical judgement.

## Clinical assessments

1. **Transient dissociative states and perception disorders (dissociation):** Have you confirmed that the patient does not have signs of dissociation or perceptual changes that might impair their functioning? ☐
2. **Disturbances in consciousness (sedation):** Have you confirmed that the patient is fully awake and responding to stimuli (i.e. not experiencing sedation)? ☐
3. **Blood pressure increased:** Are the patient's blood pressure values at acceptable levels? ☐
4. **Other adverse events:** Have any other adverse events resolved? ☐

## The patient

5. Have you advised the patient that they should not drive or operate machinery until the next day following a restful sleep? ☐
6. Has the patient planned to travel home by public transport or arranged for someone else to drive them home? ☐

## Readiness-to-leave

7. Do you, the treating physician, believe the patient is ready to leave the healthcare facility based on your clinical judgement? ☐



**WARNING: Instruct patients not to engage in potentially hazardous activities, such as driving a motor vehicle or operating machinery, until the day after Spravato® administration following restful sleep.**

# What to do in an emergency

