

# Readiness-to-leave checklist for healthcare professionals

At each treatment session, patients should be supervised during and after SPRAVATO<sup>®</sup> (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?

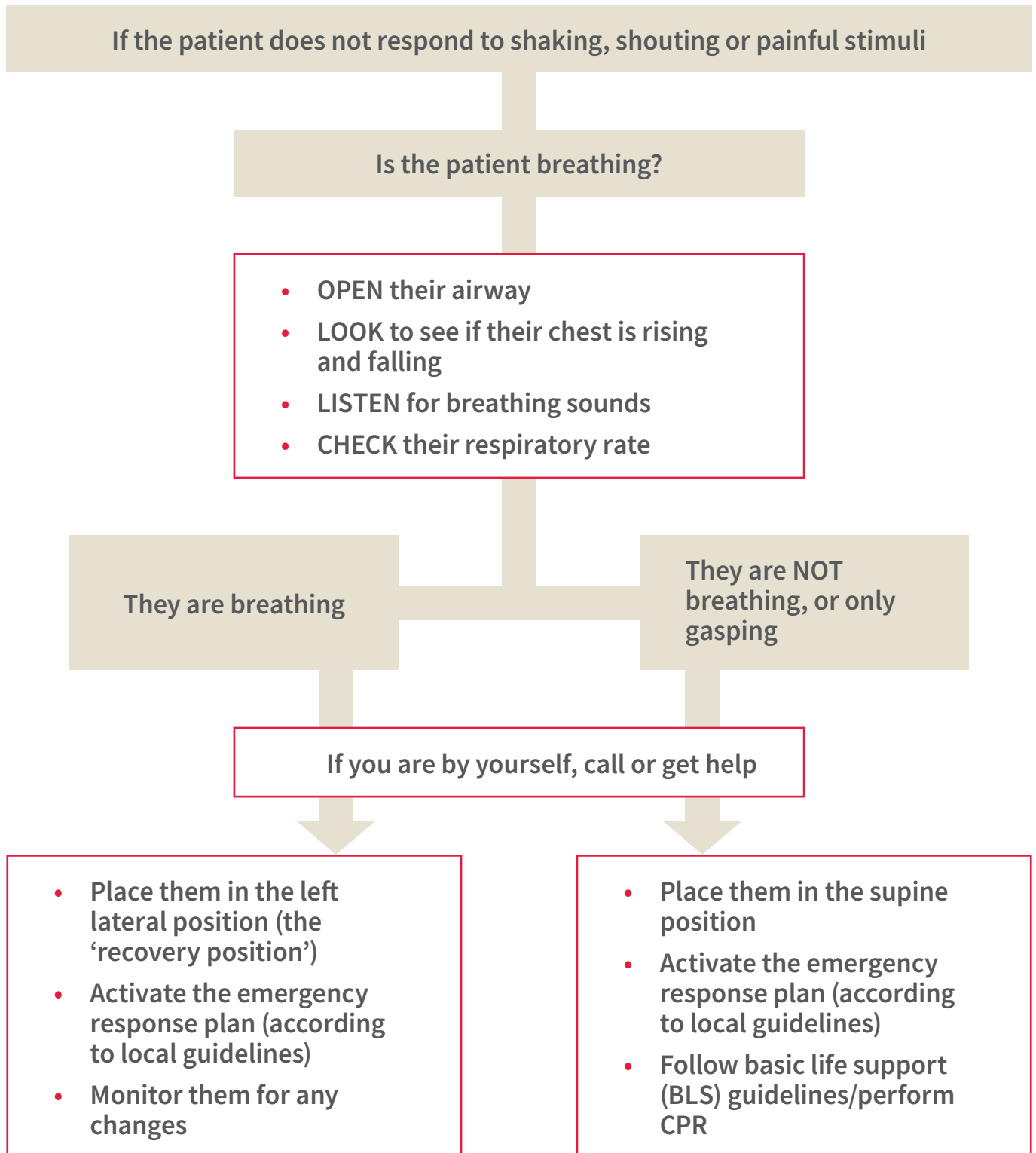
## Readiness-to-leave

- 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<sup>®</sup> administration following restful sleep.

# What to do in an emergency



Version 1. This document has been approved by HSA as of 27 October 2020.