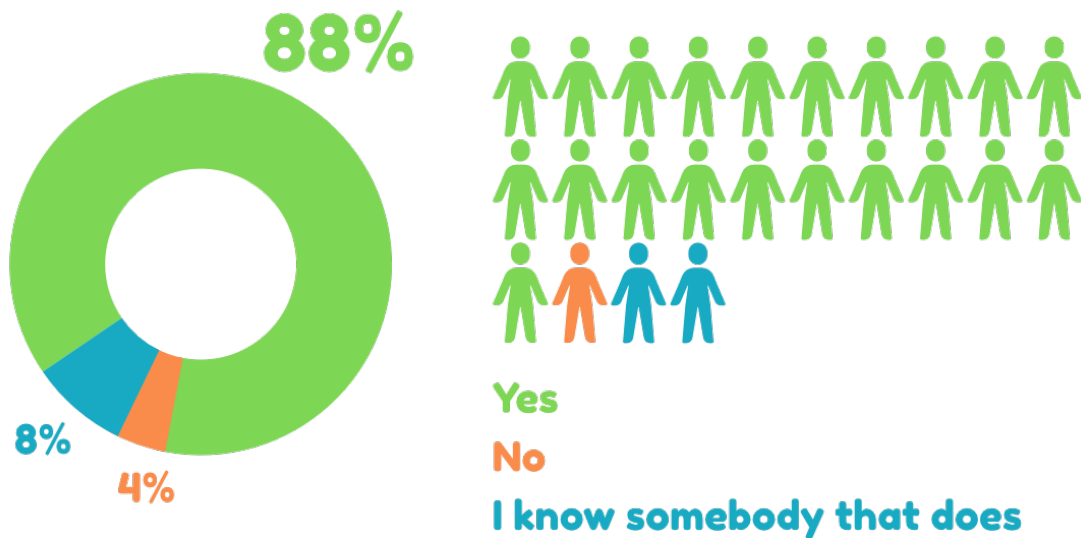


Have Your Say – Ketamine

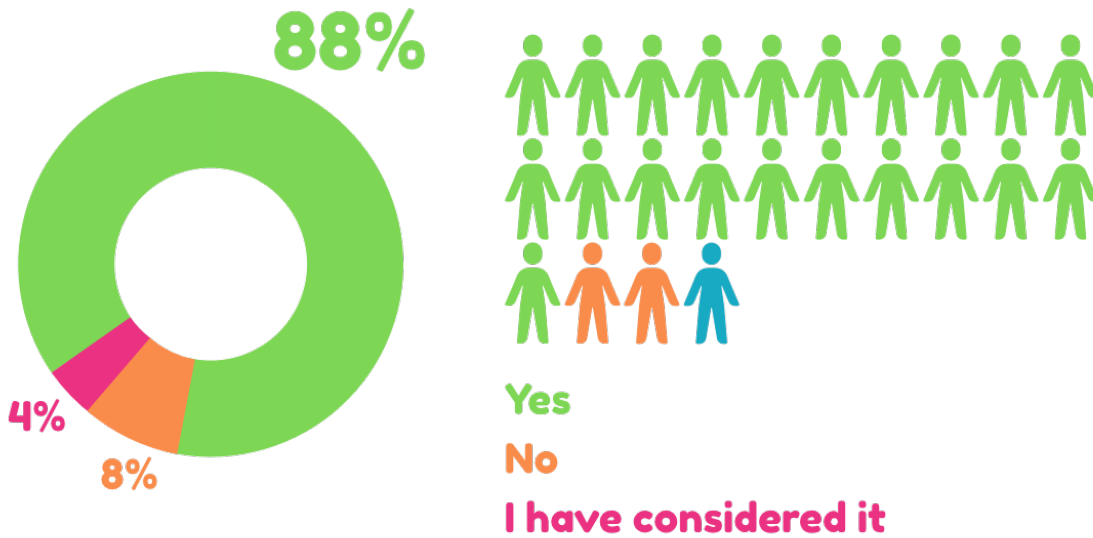
**WHAT IS YOUR EXPERIENCE
WITH KETAMINE FOR CHRONIC
NON-CANCER PAIN?**



Do you have / have you had Chronic Non-Cancer Pain?



Have you ever tried Ketamine for Chronic Non-Cancer Pain?



Provide your comments and experience with Ketamine below.

| Do you have / have you had Chronic Non-Cancer Pain? | Have you ever tried Ketamine for Chronic Non-Cancer Pain? | Provide your comments and experience with Ketamine below. |
|-----------------------------------------------------|-----------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| I know somebody that does | No | Quick acting anti depressant - it's very effective in resetting the brain. Helps a lot with mental health - which is problematic with many aspects of chronic pain - it could only help - not sure if it directly impacts chronic pain itself but definitely make a difference to the mental associations with chronic pain. Also there is quite a lot of evidence supporting its effectiveness - I would argue that there is more evidence behind it than some other therapies that are accepted |
| Yes | Yes | I've had it twice. First time it helped for around 6 months. Second time I was started on a slightly higher dosage because the dr thought I could handle it as I'd already tried once. I was so incredibly sick, I couldn't stand, walk, barely speak, vomiting everywhere. So it was stopped and I haven't tried since. |
| Yes | Yes | I spent 8 days in hospital May 2019 getting a Ketamine infusion. Unfortunately I did not feel decidedly better afterwards. |

| | | |
|-----|----------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Yes | I have considered it | <p>After 2.5 years and three specialists, with the first one suggesting this or lignocane, i am no further along a diagnostic path. Are there any medical professionals with a scientific approach in Tasmania????</p> <p>The rheumatologist(s) and pain specialists basically handball me between them with no one ever give an official diagnosis, nor helping with pain medications. I've done a much physio, exercise physiologist, orthopaedic surgeon, neurosurgeon, sports physician, OT, psychologist (EMDR, CBT, ACT, mindfulness, etc), meditation, exercise (clinical pilates, swimming, walking) etc</p> <p>I take Gabapentin 300mg morning and lunch, 600mg evening. I was taking IR Tramadol 'as required', but that doctor that prescribed this didn't even check how doubling my gabapentin went, and sent me out the door.</p> <p>At 35 my neck had degenerated to a 'bad' 70yo, so I was told to come back when it became too much. Permanent pain parasthesia, and now (active, as per bone scan) anterolisthesis, and I still can't get help. I'm 50 and my quality of life is deteriorating rapidly.</p> <p>I will work simultaneously with whatever health professionals I need if it means trialling ketamine.</p> <p>At 45 I had bilateral THR and an ankle reconstruction. I didn't do the other one.</p> <p>I'm about to have both the meniscus in my knee cleaned, looking at prolotherapy for my SIJ, botox for my TMJ and have every splint and orthoses for my hands, and feet.</p> |
| Yes | Yes | <p>My inpatient infusion enabled me to come off slow/modified release tramadol (and occasional endone) altogether. I now only take tramadol every now and then (less than 1 per month) 8 months later. I would like to repeat the infusion as I felt great for 3 or so months after the infusion, pain has gradually worsened and it again impacts my daily activities - particularly stamina/energy.</p> |
| Yes | Yes | <p>When my chronic pancreatitis flares my pain dr puts me on a 24hr ketamine infusion, for usually around 7 days. Depending on how long it takes my pancreatitis to settle. Also pain dr has used ketamine infusions for other chronic pain issues I have. Helps when I require it, but in QLD it can't be used outside of a hospital. I also have an Intrathecal Fentanyl Pump.</p> |
| Yes | Yes | <p>My pain specialist prescribed ketamine lozenges after I tried almost every else under the sun - from NSAIDs which caused great stomachs upset, to Lyrica which made my head feel awful and hard to concentrate, to physio which increased pain. The ketamine works really well for me. I only take it when pain is at its highest, and usually I only take 1/4 to 1/2 a lozenge, even though it is safe to take more. The best thing is it doesn't have nasty side effects - I don't feel sick or nauseous, I don't get constipated or an upset stomach, it doesn't make my insomnia worse like many other medications. I find it works quickly and I can get on top of my pain, but it also "wears off" quite quickly - so I can get my pain under control but not be wiped out for the rest of the day. I feel like I've tried absolutely everything and ketamine lozenges work really well for me, as part of my pain management toolkit.</p> <p>I am so glad my pain specialist suggested them. Unfortunately they are quite expensive as they have to be compounded, but I use them sparingly so they last and are comparable to other medications that I would need to take more of.</p> |

| | | |
|-----|-----|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Yes | Yes | <p>It helped my pain so much when nothing else did</p> <p>I have been getting infusions for over 4 years, every 3-4 months. I spend a week in hospital, now during restrictions, without my family. This is hard with the emotional side effects of the infusion. Having support would help.</p> <p>I feel very fortunate that I can have the treatments completely covered by my health insurance, it's not the same in the USA and I think that's very unfair.</p> <p>Over the 4 years, my condition has fluctuated. During the first 3 and 1/4 years, I gradually improved. I went from being bed bound with a central nervous system so dysfunctional that I couldn't even sit in the car for 5 minutes without getting very sick (flu like symptoms, vomiting, shivering and shaking, burning pain from vibrations). My parents were starting to look at residential facilities.</p> |
| Yes | Yes | <p>Thankfully, ketamine and decent pain management meant I could get out and about, stopped using crutches after a year, worked up to doing long dog walks!</p> <p>Unfortunately, insufficient medical care during last year's restrictions resulted in a delayed diagnosis of a very serious and debilitating condition. By the time of diagnosis, I was bed bound. I was diagnosed with this condition during my infusion. I have spent between 50 and 60 days in hospital this year. I hate hospitals.</p> <p>I am now restarting. Again, ketamine is helping. After each treatment, I can reduce the amount of pain relief I take.</p> <p>Ketamine infusions gets my pain and dysautonomia down to a level where I can use other pain managing techniques.</p> |
| Yes | Yes | <p>I have a week long ketamine infusion every 8 weeks and have done so for two years. I also have ketamine lozenges for breakthrough pain which both have been the only things able to help with my intractable chronic pain condition CRPS.</p> |
| Yes | Yes | <p>Ketamine infusions, ketamine topical cream & ketamine lozenges</p> <p>I tolerate the week of infusions very well but they are not an easy experience, with nausea and balance issues. My pain shows full effect of the infusions about 2 weeks afterwards. I have been having 2 infusions a year and this year begun extra for lower spinal/leg pain and atypical trigeminal neuralgia. My pain is noticeably increased the month before my next infusions.</p> |
| Yes | Yes | <p>Ketamine has allowed me to slowly get back on top of my pain when it gets out of control. As I am on the infusion I'm able to take less oral pain meds and come off them safely and without excess pain. It helps to let me start up physio with less pain and after some time on it building up my strength I'm able to go home with a rebooted system where my daily pain is better and I'm no longer so used to opioids and they start to be affective again for me.</p> |
| Yes | No | |
| Yes | Yes | <p>Ive had 6 5day inpatient ketamine infusions over the last 4yrs. They really help my crps pain & symptoms. I usually exp a 45-50% pain reduction, my sleep doubles in hours & the awful spasms i get literally stop until around the 4mo mark when it all starts to get worse again. Ideally every 4mos would be great for me but my dr says thats not really viable long term.</p> |

| | | |
|---------------------------|-----|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| I know somebody that does | Yes | If it wasn't for ketamine iv infusion my son would not be walking Waiting on another infusion |
| No | Yes | It helped tremendously with my CRPS pain. It is the only treatment that gets me any type of relief from the constant nerve pain. I had about 6 years of almost monthly ketamine infusions (2 days per month) for CRPS. It was helpful for the pain. I would go in for 4 hours/day for 2 days at around 220mg. Max relief came in about 4-5 days. Relief lasted 1-2 months. The Summer months I could go a little longer between infusions. Winter is tougher. |
| Yes | Yes | My only complaints were it make me feel very nauseated for a few days, I would get headaches frequently, and I would be very tired for about a week. I stopped getting infusions about 2-3 years ago after discovering PEMF therapy (called a BEMER). It has been more effective on my pain than the ketamine. However anytime I have any type of surgery or procedure. I will still get an infusion to help prevent spreading of my disease and help control pain. |
| Yes | Yes | I have been having ketamine infusions for over 11 years for CRPS pain and symptoms. Helps keep me mobile and living independently. Also use troches sparingly for acute episodes flare ups. |
| Yes | Yes | I've had two infusions now, 8 months apart. They bring my pain down from a 6/7 to a 2/3 and keep the background pain quiet for about 4 weeks. Unfortunately I've had two fractured femurs to deal with this time round so have had to increase my opiate use quite quickly and substantially. I'm hoping to be able to make them a regular thing as they have proven to be the most effective treatment, if only for a short time. The second infusion was longer (5 full days rather than 3.5) and felt stronger. I feel this one was more effective and if I hadn't had to increase my opiate intake so soon for the fractures, it would have lasted longer. |
| Yes | Yes | Used a 10% cream and was given an injection in an A&E. It only helped me on the top of my meds, it helped to carry ne through my day |
| Yes | Yes | Positive results but needs to be more accessible. |
| Yes | Yes | Greatest treatment that I have encountered. A godsend. |
| Yes | Yes | I have full body CRPS. Ketamine is the only medication that takes the edge off my nerve pain. I use compounded torches. I'm very sensitive to its effects so use a very low dose to achieve some relief. I'm very careful that when I use it I know that I don't have to do anything that requires me to be responsible for anyone else or a vehicle. This is by my choice. I have about a 20 min window where I feel altered state of mind, it then settles and I can take a breath and the pain has been somewhat dampened. This has been the only thing other than morphine, (after surgery) that has helped with neuropathic pain. |

Do you consent to PainAustralia utilising this anonymous information?

100% Yes