Spravato® ▼ (esketamine nasal spray): Readiness-to-leave checklist for healthcare professionals

Patient identifier: _____ **Date and time of administration:** _____

At each treatment session, patients should be supervised during and after Spravato® administration by a healthcare professional until they are stable, based on clinical judgement.

WARNING: As Spravato® can have a major influence on the ability to drive and use machines, instruct patients **not to engage in potentially hazardous activities** requiring complete mental alertness and motor coordination, such as driving a vehicle or operating machinery, until the **next day after Spravato® administration following a restful sleep.**

The healthcare professional is responsible for deciding when the patient is considered clinically stable. Based on the use of this checklist and clinical judgement, the healthcare professional is responsible for deciding when the patient is considered clinically stable, and can safely leave the supervision and monitoring of a healthcare professional.

The patient

1. Have you confirmed that the patient is aware that they should not drive or operate machinery until the next day following a restful sleep? ☐
2. Have you confirmed that the patient has made prior arrangements to travel home by public transport or for someone else to drive them home? ☐

Clinical assessments

3. **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? ☐
4. **Disturbances in consciousness (sedation):** Have you confirmed that the patient is fully awake and responding to stimuli (i.e. not experiencing sedation)? ☐
5. **Blood pressure:** Are the patient's blood pressure values at acceptable levels? ☐
6. **Other adverse events:** Have any other adverse events been resolved? ☐

End of monitoring period

7. Do you, the healthcare professional, consider the patient is clinically stable and no longer requires to be monitored by a healthcare professional based on your clinical judgement? ☐

Adverse events should be reported. ▼ This medicinal product is subject to additional monitoring and it is therefore important to report any suspected adverse events related to this medicinal product. Healthcare professionals are asked to report suspected adverse events via: HPRA Pharmacovigilance Website: www.hpra.ie. Adverse events should also be reported to Janssen Sciences Ireland UC on 1800 709 122 or email dsafety@its.jnj.com

End of monitoring period: _____ **Signature:** _____

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