



Ketamine monitoring chart

Chronic ketamine use may cause urinary and hepatobiliary tract toxicity (*see monograph on palliativedrugs.com*).

Practitioners should:

- advise patients to promptly report any new urinary tract symptoms or abdominal pain
- monitor for these toxicities, at least monthly.

Name

Hospital no.

D.O.B.

Address

(or affix sticker)

	<i>Baseline</i>	<i>Visit 1</i>	<i>2</i>	<i>3</i>	<i>4</i>	<i>5</i>
Date						
Ketamine dose (mg/24h)						

Urinary symptoms: enter score using questionnaire overleaf

Urgency						
Frequency >2 hourly						
Nocturia						
Dysuria						
Haematuria						

If new or worsening symptoms, dip test urine.

If dip test suggests possible infection, send MSU.

In the absence of infection, consider ketamine-related cystitis.

Consider stopping the ketamine (ideally withdraw over 2–3 weeks), and seeking the advice of a urologist.

Liver function: enter value

Date of test (if different from above)						
ALT/AST						
Bilirubin						
Alk Phos						
Albumin						

Abnormal LFTs have been seen with both ketamine abuse and analgesic use.

In abusers, abdominal pain has been reported and, in some, dilation or strictures of the common bile duct.

When ketamine is stopped, the LFTs, abdominal pain and biliary duct dilation generally improve.

Urinary symptom assessment

<i>During the past month, how often have you felt the strong urge to pass urine with little or no warning?</i>	0 Not at all 1 Less than 1 time in 5 2 Less than half the time 3 About half the time 4 More than half the time 5 Almost always
<i>During the past month, have you had to pass urine less than 2 hours after the last time?</i>	0 Not at all 1 Less than 1 time in 5 2 Less than half the time 3 About half the time 4 More than half the time 5 Almost always
<i>During the past month, how often do you typically get up at night to pass urine?</i>	0 None 1 Once 2 Twice 3 Three times 4 Four times 5 Five or more times
<i>During the past month, have you experienced pain or burning in your bladder?</i>	0 Not at all 1 A few times 2 Fairly often 3 Usually 4 Almost always
<i>During the past month, have you experienced passing blood or blood clots in your urine?</i>	0 Not at all 1 A few times 2 Fairly often 3 Usually 4 Almost always