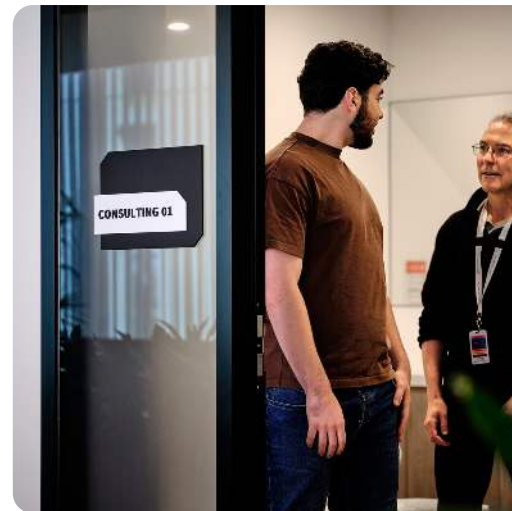


Introducing Fullarton Clinic's

**Esketamine Treatment**



## A New Approach to Treating Depression

Esketamine is an innovative treatment option for people experiencing depression who have not found sufficient relief from traditional medications. Delivered as a nasal spray under clinical supervision, it forms part of a personalised treatment plan within a safe and supportive hospital environment.

## Delivered in a safe, supported environment

Esketamine treatment at Fullarton Clinic is provided within a private hospital setting, with clinical supervision and monitoring at every stage. Your care is guided by a multidisciplinary team, ensuring your treatment is tailored, supported, and responsive to your needs.



## What to Expect with Esketamine Treatment

Esketamine is delivered in structured phases, beginning with more frequent sessions and gradually reducing based on your response.

- **Mode:** Nasal spray (Spravato®), self-administered under supervision
- **Frequency:** Typically twice weekly initially, then weekly or fortnightly
- **Adjunctive Care:** Often used alongside an oral antidepressant, as prescribed by your Psychiatrist

## Your Safety and Comfort During Treatment

- **Supervised Care:** Delivered under the supervision of experienced clinical staff
- **Monitoring:** You will remain onsite after each session for observation
- **Aftercare:** Transport home is required, as driving is not permitted until the following day
- **Inpatient Care:** May be recommended based on your clinical needs

Esketamine treatment is provided in a calm, private clinical setting, with our team supporting you throughout each session.

You will be monitored for a period after treatment to ensure your safety and comfort before returning home.

Your treating psychiatrist will carefully assess your suitability and guide you through each stage of treatment.



## Your Esketamine Treatment Journey

1

### Consultation

Assessment with your GP or Psychiatrist to review symptoms and treatment history.

2

### Referral

Request a referral to Fullarton Clinic

3

### Assessment

Comprehensive review to determine suitability for Esketamine treatment.

4

### Treatment Commences

Esketamine is self-administered under clinical supervision in a monitored setting.

5

### Monitoring & Review

Your response is assessed after each session, with adjustments made as needed.

6

### Ongoing Care

Treatment frequency is gradually reduced, with continued Psychiatrist oversight.



## Costs of Treatment

Esketamine treatment can be delivered as either an inpatient or outpatient program, depending on your clinical needs and preferences.

## Inpatient Costs (Private Health)

Inpatient admission is recommended for closer monitoring and support. With **eligible private health insurance (including psychiatric services)**, benefits may include minimal wait times, 24/7 nursing care, psychiatrist oversight, and **minimal out-of-pocket costs (excluding pharmacy expenses)**.

## Outpatient Costs

Outpatient treatment includes assessment, medical oversight, and scheduled treatment sessions (typically twice weekly initially, then weekly).

### Initial Assessment

- Psychiatrist assessment: up to **\$700** (Medicare rebate approximately \$184, Item 306) + hospital fee: **\$200**

### Ongoing Treatment (per session)

- Psychiatrist monitoring: up to **\$300** (Medicare rebate approximately \$134, Item 306) + hospital fee: **\$200**

## Getting Started

To get started, speak with your GP or psychiatrist for a referral to Fullarton Clinic




## Contact

 [intake@fullartonclinic.com.au](mailto:intake@fullartonclinic.com.au)

 [1300 377 464](tel:1300377464)

 [fullartonclinic.com.au](http://fullartonclinic.com.au)

 8 Fullarton Dr, Epping VIC 3076

 [\(03\) 7048 0966](tel:(03)70480966)

 [Our Doctors](#)