



KETAMINE CLINICS of SOUTH AFRICA

MUSIC DURING YOUR INFUSION

We recommend that you listen to music during your infusion. The choice of music is up to you but we have found gentle instrumental, piano, acoustic guitar, classical or SPA music is most effective. Take some time before your infusion to select and download a playlist on your phone or other device. The playlist should last at least 50-minutes if you are having a 40-minute infusion or 5-hours if you are having a 4-hour infusion. We don't want the music to end while your infusion is still running or you are recovering! Some patients prefer not to have music at all.

We will provide you with comfortable noise cancelling headphones, or you may bring your own.

Note the following important points:

- You will need to download the music to your phone or device beforehand. We don't allow streaming, as the WiFi might be lost or the playlist interrupted by advertising, depending on the platform.
- We will provide a cable with jacks to plug into your device and our headphones – we don't recommend using Bluetooth. You should switch this off. We can also connect to new i-Phones with an adaptor.
- Your phone must be on 'Airplane Mode' during the infusion, as we do not want you receiving phone calls!
- All cell phones within KCSA must be switched to 'silent'.
- The best App to source music of any genre is Spotify.