



London Pain Clinic

LPC Intravenous Infusion Policy – September 2024

General

Intravenous infusions of Lidocaine, with or without Ketamine, for eligible patients are to be conducted on a monthly basis for a duration of three to six months. The assessment of the treatment's effectiveness shall occur after the first infusion.

The administration of "Top Ups" subsequent to the initial treatment shall be determined as needed, following consultation with the treating clinician. Furthermore, infusions of Pamidronate and sole Ketamine may be performed as appropriate.

Comprehensive monitoring throughout the infusion process is imperative, encompassing the measurement of blood pressure, pulse rate, and oxygen saturation. A nurse-to-patient ratio of one nurse for every two patients shall be maintained.

Dr Ramos- Galvez Protocol

Lidocaine shall be administered at a dosage ranging from 3 to 5 mg/kg and infused over a duration of 1 to 2 hours. In the case of the initial infusion, it is recommended to commence with 3 mg/kg over 2 hours, with subsequent infusions allowing an increase to 5 mg/kg over 1 hour if necessary.

Isolated administration of Ketamine is infrequent; however, if conducted, the typical dosage falls within the range of 0.2 to 0.5 mg/kg and is infused over a span of 15 to 20 minutes. When combined with Lidocaine, the dosage may be slightly elevated, typically up to 1 mg/kg. Infusions exceeding 1 mg/kg and extended over 4 hours are reserved for exceptional cases, although protocols permitting up to 2 mg/kg exist. The infusion rate should align with that of Lidocaine.

Pamidronate shall be administered at a dosage of 60 mg, infused over a 4-hour period, following established oncology protocols.

Dr Attam Singh Protocol

Lidocaine infusions under the Dr Attam Singh protocol are closely aligned with those of Dr Ramos-Galvez, with recommended dosages ranging from 3 to 5 mg per kilogram. The duration of these infusions typically spans one and a half to two hours, at a rate of 25 ml to 30 ml per hour, utilising a 50 ml syringe.

The protocol may be administered as a standalone treatment or in conjunction with Ketamine. In the event of co-administration with Ketamine, 0.5 mg per kilogram is to be added to the same syringe, with the infusion rate matching that of Lidocaine, at 25 ml per hour.

In cases where solo Ketamine infusions are required, the recommended dosage is approximately 0.5 mg per kilogram, to be infused over a duration of 4 to 6 hours. The infusion can be diluted into a 20 ml to 30 ml syringe, depending on the volume of saline added, with the typical duration spanning 4 to 6 hours, usually infusing for five hours.

Although various Ketamine protocols are available, Dr Singh generally prefers a protocol that minimises the occurrence of dissociative symptoms and sustains the patient's consciousness.

Please note:

We are unable to perform Lidocaine and/or Ketamine infusions for mental health conditions such as depression, PTSD, or anxiety. As a pain management clinic, we can only offer this treatment to patients with pain-related conditions.